

#1 for 30 years

**OTTAWA HOME & garden SHOW**

MARCH 25-28  
LANDSDOWNE PARK

Presented by **RE/MAX**

# Renovate. Decorate. Landscape.

Find ideas, advice and the lowest prices!

Buy tickets online and save \$3  
**ottawahomeshow.com**

Thu 12pm-9pm / Fri 12pm-9pm / Sat 10am-7pm / Sun 10am-5pm Adults \$11 / Senior (65+) \$9 / Youth (13-17) \$9 / Children (12 and under) Free

**IT'S ABOUT TIME!**

- ✓ Low Sales Commission
- ✓ Buyer Cash-Back
- ✓ Full Service REALTOR®

Ziglu...a different kind of real estate company.  
[www.ziglu.com](http://www.ziglu.com)

**ziglu** INC.  
real estate  
BROKERAGE

BBB MEMBER  
MLS

All rights reserved. Ziglu Inc. - Ziglu Real Estate Brokerage, Ottawa, Gilles Menard, Broker.

The world's largest global newspaper

# metro

OTTAWA • THURSDAY, MARCH 25, 2010

[metronews.ca](http://metronews.ca)

**JOHNNY FARINA**  
Italian Restaurant  
presents  
**Works by local artists**  
featuring Ralph Nevins

**GALLERY FARINA**  
UPSTAIRS  
216 Elgin St. • 613.565.5155

# Bare your face for services: Quebec

Provincial law will force Muslim women to remove face veils to deal with government

**Muslim women will be forced to uncover their faces if they want services from the Quebec government, according to landmark legislation tabled yesterday in the province.**

In tabling the bill, Quebec delves into sensitive territory where governments in Canada have largely avoided treading: setting hard-and-fast rules for accommodating mi-

norities.

The bill says people obtaining — or delivering — services at places like the health- or auto-insurance boards will need to do so with their faces in plain view.

Face coverings won't be tolerated if they hinder communication or visual identification.

Premier Jean Charest characterized the legislation as a defence of two

valued principles, gender equality and secular public institutions.

"This is a symbol of affirmation and respect — first of all, for ourselves, and also for those to whom we open our arms," Charest told a news conference. "This is not about making our home less wel-

## 0.00009%

A Muslim group argues Quebec's political oxygen is being unnecessarily sucked up by a tiny number of cases. Of the more than 118,000 visitors to the health board's Montreal office in 2008-09 only 10 people — or less than 0.0009 per cent of cases — involved niqab-wearers who asked for special dispensation.

ing, but about stressing the values that unite us ... An accommodation cannot be granted unless it respects the principle of equality between men and women,

and the religious neutrality of the state."

While the debate over such identity issues has raged in Europe for years, and played out around

countless dinner tables and Internet chat boards in this country, Canadian politicians have been reluctant to weigh in. Quebec is an exception to that rule.

In fact, the Charest government has faced persistent criticism from critics who say it has failed to stand up for Quebec values by refusing to take a tougher stand.

THE CANADIAN PRESS

**FIND MORE ONLINE**

metronews.ca

SCAN LIFE

WHAT'S THIS BARCODE FOR?

Find out on the Local page.

**Summer Camps pg 17**

Metro's guide to fun in the sun

**On the web**

Visit [metronews.ca](http://metronews.ca) for news updates

Carrie Underwood

**Play on!**



Country music star Carrie Underwood performs at Scotiabank Place last night. The 27-year-old American Idol winner was recently engaged to Ottawa Senators star Mike Fisher, who attended the concert along with a few teammates. More photos at [metronews.ca/local](http://metronews.ca/local)

## Coulter's antics fascinate public as tour continues

**CALGARY** In less than 24 hours, right-wing shock pundit Ann Coulter told Canada she didn't pay much attention to it, slagged one of its universities, and insulted Muslims.

Coulter's performance has got Canadians intrigued, unsettled and wondering what else she's got in store.

The University of Calgary, the next stop on her tour, vowed yesterday to make sure Coulter's speech today would go off without a hitch.

The author pulled out of her appearance at the University of Ottawa when 1,500 people tried to get into a speech that was already full to capacity with

guests. Another few hundred protested outside.

"The purpose of a university is to encourage and promote the free exchange of ideas," University of Calgary provost Alan Harrison said yesterday. "To do anything other than that is to go against what the university stands for."

Coulter and her team cited "violence" in the crowd in Ottawa and claimed police had shut it down. Police spokesman Alain Boucher said they saw no violence, arrested no one and had only advised Coulter's entourage they should find a bigger space to accommodate everyone. **THE CANADIAN PRESS**



Ann Coulter



### Fresher Than Fresh

<b>STRAWBERRIES</b> <b>\$1.99</b> 1lb. container Prod. of U.S.A.	<b>MARADOL PAPAYA</b> <b>\$1.29</b> /lb. Prod. of Guatemala	<b>ROMAINE LETTUCE</b> <b>79¢</b> /ea. Prod. of U.S.A.
---	--	---

...and many more in-store specials!

Visit our website at [produce depot.ca](http://produce depot.ca) today!

2446 Bank at Hunt Club  
Phone: 613-521-9653

1855 Carling at Maitland  
Phone: 613-722-6106

Enter each week, online or in-store for your chance to **WIN \$100 IN FREE GROCERIES!**

We reserve the right to limit quantities. Specials in effect March 24-30, 2010

Store Hours: Mon. to Fri.: 8am-9pm; Sat.: 8am-7pm; Sun.: 8am-6pm



# This Weekend, We Present A New Release Of Homes Down By The Bay.



Now that spring is here, you'll find Mattamy on Half Moon Bay coming out of hibernation with families outside enjoying life down by the Bay. It's a perfect time to release a new Phase of homes in this much-praised community.

This weekend we are featuring a new collection of WideLot™ townhomes, Village homes and detached homes.

We hope you can join us and find the perfect home for your family. And while you're here we hope you'll enjoy a walk so you can see first-hand the many benefits of life in Mattamy on Half Moon Bay. Thank you.

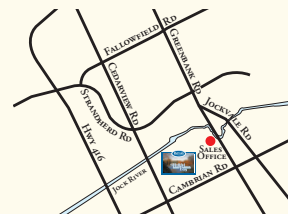


WideLot™ Townhome, The Fernwater 'A',  
1,517 Sq.Ft., \$265,990



36' WideLot™ Home, The Sandfield 'A',  
2,268 Sq.Ft., \$399,990

**Freehold Townhomes From \$206,990**  
**Detached Homes From \$326,990**



**Coming Soon To Orleans. A New Mattamy Homes Community.**  
Pre-register at [mattamyhomesottawa.com](http://mattamyhomesottawa.com)

[www.mattamyhomesottawa.com](http://www.mattamyhomesottawa.com)

3454 Greenbank Road, Barrhaven • (613) 825-7932



**Sales Centre Hours:**  
Monday to Thursday 1pm-8pm; Friday 1pm-6pm;  
Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.





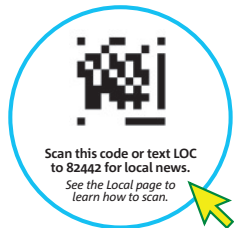
# Local



## Free lecture on camouflage and fashion

From sniper robes to the cloche hat, military technology and women's dress have constantly borrowed from each other. Ryerson University lecturer Dr. Alison Matthews David will be discussing First World War camouflage and fashion at the Canadian War Museum at 7 p.m. today. The lecture is free.

METRO OTTAWA



Scan this code or text LOC to 82442 for local news. See the Local page to learn how to scan.

## Family finds solace in organ donation

**GIFT OF LIFE** When 23-year-old Annik Presseault died of a brain aneurism, her family decided it would not be in vain.

They donated her organs, saving the lives of eight total strangers.

"It was a loss, but it was also a gain" said Annik's brother, Roger Presseault. "Those are eight people who are going to go on with their lives, with their friends and their families."

Presseault was at the University of Ottawa yesterday supporting the Trillium Gift of Life Network's RecycleMe.org campaign.

MIRANDA MINASSIAN/  
FOR METRO OTTAWA

metronews.ca

What's online today.

**Photos** Ottawa Fashion Week kicked off at Arts Court. Check out the capital's fashionistas at metronews.ca/local

**Play** free online Sudoku, updated daily

**Lotteries**  
 Lotto 6/49: 5, 19, 27, 32, 44 & 46. Bonus 25  
 Ontario 49: 4, 25, 34, 37, 48 & 49. Bonus 6  
 Ontario Pick 3: 6 1 8; Ontario Pick 4: 1 5 7 2  
 Encore: 1581380  
 Daily Keno: 4, 8, 12, 14, 16, 18, 19, 21, 25, 28, 34, 43, 44, 51, 57, 58, 63, 65, 69, 70  
 These results are not official.

ADVERTISE TODAY!  
1 888 91 metro (63876)

# Ottawa Fat Cats ready to play ball

Newest baseball team unveils name, logo and tickets with bus ride included

TRACEY TONG  
tracey.tong@metronews.ca

**They have yet to throw their first pitch, but Ottawa's newest baseball team has already showed it's got personality.**

The organizers of the team showed its sense of humour yesterday, unveiling the name and logo for the Ottawa Fat Cats, which plays its first of 18 games in its inaugural season at the Ottawa Stadium on May 15.

When asked how they came up with the name, the Ottawa Stadium Group's Duncan MacDonald said organizers came up with a list of possibilities, including the Ottawa Ice and Ice Dogs, but Fat Cats elicited the best response, he said.

"Independent minor league baseball is not the major leagues, but what it is, is a lot of fun," said Inter-county Baseball League commissioner Joe O'Neill. "Everything is great right now ... we haven't lost yet," said head coach Bill

Mackenzie.

Mackenzie said the team will be a "blend of youth and experience."

"We're looking now at a few players that have had professional experience, some guys that have graduated from a four-year school in the States that are in the area or not far away."

Mackenzie said he wants to restrict the roster to about 20 players.

Coun. Bob Monette said he was glad to see baseball back at the stadium.

"We have one of the most

beautiful stadiums in Canada," said Monette, adding that he hopes the city will also begin work this year to bring football back.

MacDonald also unveiled the ticket prices, which start at \$6. There is no charge for children under six years and veterans and military members, and all tickets come with an OC Transpo bus ride to and from the game.

This is about getting people out to the games, MacDonald said. "And if we win, it's going to be a bonus."



Duncan MacDonald, of the Ottawa Stadium Group.

## City grants theatre \$175K to pay off loan

**COUNCIL** The city is giving the Great Canadian Theatre Company \$175,000 to help it make payment on the loan it took out in 2007 to build the Irving Greenberg Theatre Centre.

The company had planned to pay off the loan through a fundraiser that suffered during last year's recession.

Gloucester-South Nepean Coun. Steve Desroches suggested the money should be given to the GCTC as an interest-free loan instead of a grant, with the money coming from funds set aside for the Ottawa Concert Hall, still in the planning stages.

However, Kitchissippi Ward Coun. Christine Leadman argued that offering a loan to help pay off a loan does not really make sense, even if it is interest-free.

City council decided that the GCTC would not have to repay the money, but funds would still come from interest earned on the money set aside for the concert hall.

TIM WIECLAWSKI/METRO OTTAWA

## Fashion Furless



Emily Lavender and Stephanie Laoun protest the use of fur in front of Ottawa Arts Court, the site of Ottawa Fashion Week. The girls were inspired to act after seeing a graphic video on PETA's furisdead.com.

## Ghanaian tells summit of employment trials

**IMMIGRATION** With a master's degree in hand and three children in tow, Alberta Lawson arrived in Canada in 2003 to start a new life.

Lawson, who is from Ghana, fell in love with Canada while attending Carleton University years earlier. She returned to her home country, but when her application to become a permanent resident came through, she returned.

"I told myself I have the necessary experience, and I also have the Canadian degree, which should help me land a job," she said.

It wasn't as easy as that. "The job search for me was really a nightmare," Lawson said. "I brought savings with me, but it was draining through my fingers."

A job search, combined with trying to help her three children adjust, was difficult, she said.

Things changed when she attended a networking

event by Hire Immigrants Ottawa — a provincially funded community-based initiative that works with local employers to hire and integrate skilled immigrants into the workplace — where she met a representative from Scotiabank.

Three interviews later, she got a job for a higher position than the one for which she had applied.

Yesterday, Lawson shared her story with employers and representatives from immigrant serving agencies at the 2010 Employer Council of Champions Summit at the National Arts Centre, which focused on skilled immigrants' critical role as a catalyst for innovation and creativity in their workplace and the local economy.

The City of Ottawa received the 2010 Employer Excellence Award from Hire Immigrants Ottawa at the event.

TRACEY TONG/METRO OTTAWA

Ottawa's Best Choice for

**FURNISHED  
APARTMENTS  
CONDOS  
& HOMES**

Our fully furnished, 1, 2 & 3 bedroom units are available by the day, week or month in multiple locations. With the largest selection in Ottawa, we've got you covered.



613.792.4949 • 1.877.792.4949

www.cardinalsuites.com

# FRENCH, ENGLISH as a SECOND LANGUAGE

## PART TIME

12 weeks (36 hours in class and 36 hours online)

### FRENCH AS A SECOND LANGUAGE (8 LEVELS)

**Evenings:** 6 pm to 9 pm **Saturdays:** 9am to noon

**April 6 to June 26, 2010**

### ENGLISH AS A SECOND LANGUAGE

**April 6 to June 26, 2010**

**FEES: \$30.00** Immigrants, new Canadians, Refugees whose language is neither English nor French

## FULL TIME

4 weeks (60 hours in class and 60 hours online)

### FRENCH AS A SECOND LANGUAGE (4 Levels)

**April 19 to May 14, 2010**

Level 1 and 3 - 9 am to noon;

Level 2 and 4 - 12:30 pm to 3:30 pm

**FEES: \$30.00** Immigrants, new Canadians, Refugees whose language is neither English nor French

**Éducation Permanente**  
181, rue Donald, Ottawa  
Tel. 613-741-2304 ext. 3  
Fax 613-741-2191



CONSEIL DES  
ÉCOLES CATHOLIQUES  
DU CENTRE-EST

le meilleur conseil qu'en puisse vous donner



[www.educationpermanente.ca](http://www.educationpermanente.ca)

metro

metronews.ca

Thursday, March 25, 2010

4 local

Advance voting days set

City council yesterday approved two advance voting days for the Oct. 25 municipal election. Ottawans can vote Oct. 2 and Oct. 14. **METRO OTTAWA**

# Cops enlist a BearCat

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca



**The Ottawa Police Service Tactical Unit is rolling in an impressive new set of wheels.**

The unit's new \$365,000 Lenco G3 BearCat armoured rescue vehicle officially went into service yesterday.

It will be used for high-risk vehicle stops or to rescue an injured person. There is room in the back for up to six officers and a stretcher. In the event an officer is wounded in a dangerous situation, the vehicle enables other police to retrieve that person without putting everyone at risk.

The vehicle is equipped with standard emergency features along with high-powered lights.

Chief Vern White said OPS responds to between 25 and 50 high-risk calls per year, during which police have to hope they can get close enough without being put under fire.



Acting Staff Sgt. Jeff Kilcollins stands in front of the Ottawa Police Tactical Unit's new armoured rescue vehicle, which rolled into service yesterday.

"We've had cases in the past where we've taped bulletproof blankets and vests over the fronts of vehicles so we can get close enough to a residence. That absolutely made no sense," said White. "When you look at a city with almost a million (people), we get a number of calls where officers put themselves at risk unnecessarily. This unit will allow us

to not find ourselves in those positions."

White said this equipment is essential if the OPS is to maintain a high level of service.

"It's not going to be sitting in the Market on the corner of York and Dalhousie on a Friday night," said Const. Jim Hutchins. "It's only going to be used for training or operational needs."



## WITH 4X MORE HD THAN SATELLITE, YOU'LL NEVER MISS YOUR FAVOURITE SHOW.

**FREE ROGERS HD BOX**  
\$249 VALUE

**WHEN YOU TRADE IN YOUR SATELLITE RECEIVER.\***

- Get over 4X more HD programming than satellite\*
- Exclusive HD On Demand
- More reliable than satellite in extreme weather conditions

**IF YOU'RE NOT WITH ROGERS, YOU'RE MISSING A LOT.**

Go to [rogers.com/LoveHD](http://rogers.com/LoveHD), call 1 866 622-7550 or visit a Rogers Plus store or an Authorized Dealer.



\*Based on comparing Rogers total number of HD program choices to other HD service providers within Rogers serviceable area. \*Available for a limited time to customers who do not have Rogers Cable TV service. Subject to change without notice and may not be combined with any other discount. Free digital HD box with Rogers Digital TV subscription (min. 2-year term required) and relinquishment of satellite receiver and remote to Rogers. Early cancellation fee applies. Free HD PVR box also requires subscription to Rogers Home Phone and/or Rogers Hi-Speed Internet Lite or above. Installation charges may apply. TM and © 2009, Cable News Network. A Time Warner Company. All Rights Reserved. \*\*Rogers & Mobius design are trademarks of or used under license by Rogers Communications Inc. or an affiliate. © 2010 Rogers Cable Communications Inc.





HEARTS ON FIRE®

THE WORLD'S MOST  
PERFECTLY CUT DIAMOND®



---

## WHY SETTLE FOR LESS THAN PERFECTION

---

The Hearts On Fire Diamond Engagement Ring set in platinum starting at \$1,950  
View our entire collection at [heartsonfire.com](http://heartsonfire.com)

---

HOWARD

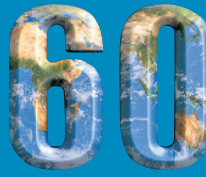
Fine Jewellers and Custom Designers

220 Sparks Street at Bank Street  
Ottawa 613.238.3300 [howard.ca](http://howard.ca)

Woman runs up \$20,000 credit card bill — by posing as her mom

A southern Ontario woman has pleaded guilty to posing as her mother and running up a \$20,000 credit card bill. Vicki Fox, of Norfolk County, was jailed for eight months. **THE CANADIAN PRESS**

# Canada



## Share Earth Hour with us

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week we'll share some tweets from Metro readers. Says @tomobilelawyer: 'Spending the day thinking better ways to improve my paperless law practice; saving \$ being green.' Send your Earth Hour tweets to @metroottawa.

## Deficit? What deficit? Duncan says he's saved billions

### Way to go, Dwight.

One day before introducing the Ontario budget, Finance Minister Dwight Duncan announced yesterday the Liberal government has managed to shave several billion dollars from the record \$24.7 billion deficit he forecast just last fall.

Ontario will have a \$21.3-billion deficit for the year ending March 31, down \$3.4 billion, or nearly 14 per cent, because of tightened spending and increased government revenues "across the board," said Duncan.

"Things have improved," he said.

"We're seeing it in our own numbers: upticks in employment, upticks in revenues, upticks in a vari-

**"Upticks in employment, upticks in revenues, upticks in a variety of areas."**

Dwight Duncan

ety of areas."

Mary Webb, a senior economist with Scotia Economics, said it's always good news when revenues are stronger than expected.

"We have had quite a substantial rebound in Ontario's growth that began in the latter half of 2009 and is carrying through until the first half of 2010," said Webb.

"It's reflecting in large

part the rebound from extremely low levels of auto production."

However, the New Democrats accused the Liberals of greatly inflating the original deficit projection last fall.

They said the pre-budget release of the lower deficit figure was clearly an attempt to make themselves look like good managers.

**THE CANADIAN PRESS**



Should Robert Pickton be granted a new trial because of an alleged judicial error?

Scan code or text PICKTON to 82442 for more.

Learn how to scan on the Local page

## DO YOU SUFFER FROM FOOT, KNEE OR LOW BACK PAIN?



COMPLIMENTARY WORKSHOP

### Healthy Feet And Orthotics

Eliminate Foot, Knee and Hip Pain Forever!

Workshop includes **FREE** digital foot scan

AND \$60 OFF any orthotic purchase.

**Monday March 29th 6:40PM-7:40PM**

Discover Safe and Effective Solutions

Presented by Dr. Michael Reid

Hampton Wellness Centre - Hampton Park Plaza - 1419 Carling Ave. Suite 209

Limited Seating To The First 25 Callers.

Call now to reserve your seat.

**613 761 1600**

## Trauma A family mourns



Members of the Hannah family emerge from a funeral home in Belleville, where services were held yesterday for Tracey Hannah, 46, and daughter Whitney, 14, shot to death March 12. Daughter Shannon, 18, is at left bearing scars from wounds received in the attack. An 18-year-old is in police custody.

## News in brief

**CRIME** Police in Victoria, B.C., are investigating their own officers after a violent arrest was caught on camera and posted to YouTube. Sgt. Grant Hamilton says officers responded to a fight involving eight males early Sunday morning. They

found one man being kicked in the head and ended up taking six others into custody. But the 56-second YouTube clip appears to show one officer repeatedly kicking a man who's already been restrained.

**THE CANADIAN PRESS**

## Defeat hurts, so Iggy eyes his MPs

**POLITICS** Disappointed by an embarrassing defeat in the Commons on Tuesday night, Liberal Leader Michael Ignatieff is now pondering whether to punish his own MPs.

Some refused to vote with the party on a matter of family planning and abortion.

Ignatieff denies his leadership is in peril.

"I don't think my troops are shooting at me," he said yesterday.

But he did admit Tuesday's vote did not turn out the way he planned.

The Liberals created the problem for themselves by forcing a vote in the Commons on support for family-planning projects in Canadian aid abroad.

They had hoped to expose rifts within Prime Minister Stephen Harper's Conservative ranks.

But instead they exposed their own caucus problems after the Conservatives portrayed the motion as a vote on abortion.

The gaffe will likely be viewed as further evidence that Ignatieff and his Liberals are not ready for an election any time soon.

**TORSTAR NEWS SERVICE**

BANK OF CANADA  
BANQUE DU CANADA

CELEBRATING 75 YEARS  
CÉLÉBRONS 75 ANS

## BY ALL ACCOUNTS 75 YEARS OF CENTRAL BANKING

March 11 to December 24, 2010

A fascinating look at the Bank of Canada as seen by outside observers, including the media and the public.

Free admission

Currency Museum and exhibition

www.currencymuseum.ca

245 Sparks Street • Ottawa

Illustration: the Bank's governors



# TEXT ADDICTS

# \$25<sup>1</sup> UNLIMITED PLAN

per month

plus Government Regulatory Recovery Fee<sup>2</sup>



- UNLIMITED TEXTING ANYTIME<sup>2</sup>
- UNLIMITED TALK EVENINGS AFTER 6 PM<sup>3</sup>
- UNLIMITED TALK ON WEEKENDS<sup>3</sup>

AVAILABLE TO STUDENTS  
**ENDS MARCH 31ST**

EXCLUSIVELY FROM  **ROGERS™**

[ROGERS.COM/STUDENT](http://ROGERS.COM/STUDENT) – VISIT A STORE

Offers available for a limited time and subject to change without notice. <sup>1</sup>The Government Regulatory Recovery Fee ranges from \$2.46-\$3.46/line/month (varies by province and plan selected). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. It is not a tax or charge the government requires Rogers to collect and is subject to change. See [rogers.com/regulatoryfee](http://rogers.com/regulatoryfee) for details. A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. <sup>2</sup> Available to high-school or post-secondary students with valid student ID with new activation on 3-yr. term. <sup>3</sup> Compatible device required. Includes texts sent from Canada to Canadian wireless numbers. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and messages sent while roaming not included and charged at applicable rates. <sup>3</sup> Evenings from 6 pm to 7 am Mon.-Fri. Weekends from 6 pm Fri. to 7 am Mon. Calls initiated outside these times chargeable at standard rates or deplete from minutes allotted in plan.

<sup>TM</sup>Rogers & Mobius Design are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Wireless.

## Nouveau programme à La Cité collégiale pour les nouveaux arrivants!

Vous voulez travailler dans le domaine de la santé?

→ Session d'information le 31 mars de 14h30 à 16h30

Informez-vous dès maintenant en composant le **613 742-2475**  
[entreprise@lacitec.on.ca](mailto:entreprise@lacitec.on.ca)

Ce projet est rendu possible par le financement de:



Formation  
gratuite exclusive  
aux nouveaux  
arrivants



la cité collégiale

Le Collège des meilleures pratiques

## 8 canada

Newfoundland and Labrador's largest health board revealed that some of its staff had deliberately breached the privacy of patients. **THE CANADIAN PRESS**

# Deal's death hurts premier

A contentious multibillion-dollar deal to sell NB Power assets to Hydro-Québec that was pitched by New Brunswick Premier Shawn Graham as the solution to his province's energy and fiscal woes is dead, but not before damaging his political image months before an election.

Graham said the tentative \$3.2-billion agreement collapsed Tuesday night after the Quebec utility sought changes that no longer made it worthwhile.

"It is with so much regret that I am announcing this morning that we are no longer proceeding with discussions to finalize the energy agreement with Hydro-Québec," Graham told the legislature yesterday.

"Hydro-Québec has asked for changes to the agreement that would have unacceptably taken away some of the value and increased some of the risks for New Brunswick-

### Originally

The original plan to sell NB Power, announced last October, would have seen Hydro-Québec acquire transmission and distribution systems in addition to power plants for \$4.75 billion.

ers."

Graham said Quebec realized that future refurbishment of the Mactaquac Dam near Fredericton would cost Hydro-Québec more than originally expected, and wanted to change the value of the deal as a result.

Quebec Premier Jean Charest agreed that his province found unanticipated costs.

"We reached the conclusion that the sale price no longer corresponded with the assets we were buying," Charest said.

"We didn't approach New Brunswick."

THE CANADIAN PRESS

## Progress made in wait times: Reports

**HEALTH** Some progress has been made five years after the first ministers of Canada identified priority areas for reducing wait times for patients, but seven provinces still aren't on target for knee replacements, a study shows.

The report from the Canadian Institute for Health Information, bolstered by charts that compare wait times in the various provinces, indicates there's been success in shortening the wait for radiation treatments for cancer patients.

But the study also found that patients in all the provinces wait longer for knee replacements than any other priority procedure. Only Ontario, Quebec and British Columbia met the benchmark time frames of providing knee surgery for at least 75 per cent of patients within 26 weeks.

THE CANADIAN PRESS



MITSUBISHI  
MOTORS

Drive@earth

# Rallye

#1 VOLUME MITSUBISHI DEALER IN  
OTTAWA/GATINEAU.

BASED ON NEW MITSUBISHI DELIVERIES IN 2009.



### GET MORE FOR YOUR TRADE

ALL MAKES & MODELS ACCEPTED

TRADE FROM \$500 TO \$5,000 MINIMUM \$500 MORE  
 TRADE FROM \$5,000 TO \$10,000 MINIMUM \$750 MORE  
 TRADE FROM \$10,000 TO \$40,000 MINIMUM \$1,000 MORE  
 COUPON MUST BE PRESENTED BEFORE TRADE EVALUATION

**10YEAR**  
160,000 km  
POWERTRAIN LTD WARRANTY  
BEST BACKED CARS IN THE WORLD\*

**0% PURCHASE FINANCING FOR UP TO 60 MONTHS**

**NO PAYMENTS FOR 90 DAYS\***

**RALLYE DAYS**



FROM  
**\$15,998\***

**\$124\***

OR

**\$0**

BI-WEEKLY TAXES INCLUDED

DOWN PAYMENT

\*84 months term at 2.8% APR, \$0 down payment, including Freight, PDE & all Taxes. OAC.

**FREE GPS WITH EVERY PURCHASE!**  
See Rallye for Details.



2010 OUTLANDER  
0% 48 mo.  
0.8% 60 mo.  
2.8% 72 mo.

FROM  
**\$25,498\***

**\$192\***

OR

**\$0**

BI-WEEKLY TAXES INCLUDED

DOWN PAYMENT

\*84 months term at 3.8% APR, \$0 down payment, including Freight, PDE & all Taxes. OAC.

**RALLYE MITSUBISHI • 1185 BOUL. LA VÉRENDRYE WEST • GATINEAU • [RALLYEMITSUBISHI.CA](http://RALLYEMITSUBISHI.CA) • 819.568.9999**



Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery by March 31, 2010. MSRP prices, options, Freight, PDI, Taxes and Registration extra. \*Subject to credit approval. 84 months term at 2.8% APR (Lancer), 84 months term at 3.8% APR (Outlander). Freight, PDI and Taxes included. Options, Registration and Insurance extra. Purchase financing at 0% available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on new 2010 Lancer models (Lancer Evolution, Ralliart and Sportback models excluded) and 48 months on all Outlander models. Financing example: \$15,000 financed at 0% APR for 60 months, monthly payment is \$250; cost of borrowing is \$0; and total obligation is \$15,000. No payment for 90 days applies to purchase finance offers. Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract. After the first 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) over the term of the contract. All offers on approved credit. Regular maintenance not included. See Rallye or mitsubishi-motors.ca for warranty terms, restrictions and details. Photos for illustration purposes only. \*\* Best backed claim does not cover Lancer Evolution and Ralliart models. See Rallye or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.



# GET CAREER READY IN LESS THEN ONE YEAR!



## DIPLOMA PROGRAMS IN:

### **BUSINESS**

#### **Accounting and Payroll Administrator**

- 33 wk program
- multiple accounting employment opportunities

#### **Paralegal**

- Accredited by the Law Society of Upper Canada
- 44 wk program including 4 wk co-op work placement
- multiple legal employment opportunities

#### **Travel Counsellor**

- 28 wk program including 2 wk co-op work placement
- CITC endorsed

### **HEALTH CARE**

#### **Fitness and Health Promotion**

- 43 wk program 4 wk externship
- CanFitPro Onsite testing centre including
- FIS PTS NWS Certifications

#### **Medical Office Assistant**

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

#### **Personal Support Worker**

- 24 wk program including 11 wk co-op work placement
- NACC endorsed

#### **Pharmacy Technician**

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited
- The Pharmacy Technician Programs of Algonquin Careers Academy, Ottawa and Mississauga, have been awarded the status of Provisional Accreditation by the Canadian Council for Accreditation of Pharmacy Programs for a three year term, 2009 - 2012



***Call Today***  
**Classes Starting Monthly!**  
**613-722-7811**

 **ALGONQUIN CAREERS ACADEMY™**

**1644 Bank Street**

**[www.algonquinacademy.com](http://www.algonquinacademy.com)**

Last month's devastating earthquake cost Chile nearly \$30 billion US, according to the government's first detailed report. The South American government is expected to recover nearly \$5 billion in insured losses, but will have to shoulder \$9.3 billion in uncovered damages, Finance Minister Felipe Larraín said yesterday. The rest will fall to the private sector. **THE ASSOCIATED PRESS**

**Deadly earthquake cost Chile \$30B: Report**

# World



## Sweat Lodge guru turns to web

The self-help guru charged with manslaughter for the deaths of three people in a sweat lodge is taking his motivational messages to the Internet. In a video posted online, James Arthur Ray, left, says he's unable to produce live events but still has a deep desire and passion to help people in any way he can. Ray invites people to join him online at least once a week so he can share tools and techniques, and insight and knowledge to deal with life's challenges.

THE ASSOCIATED PRESS

### News in brief

**FRANCE** French police say they have detained a 25-year-old who allegedly hacked Twitter accounts of numerous well-

known figures, including U.S. President Barack Obama and singer Britney Spears.

THE ASSOCIATED PRESS

## Pope under fire again

Faces new coverup claim, accepts resignation of Irish bishop

**Pope Benedict XVI accepted the resignation of an Irish bishop yesterday for his failure to report child-molesting priests to police — and faced a renewed reminder of the German abuse case most closely linked to his own time in charge of Munich.**

Bishop John Magee — who served as secretary to Benedict's three papal predecessors before returning to Ireland in 1987 — apologized to victims of any pedophile priests who were kept in parish posts during his 23 years overseeing the southwest Irish diocese of Cloyne.

"To those whom I have

failed in any way, or through any omission of mine have made suffer, I beg forgiveness and pardon," the 73-year-old Magee said in his resignation statement. Irish government investigators are continuing to explore Cloyne abuse coverups and expect to report findings later this year. The Vatican is on the defensive over ever-unfolding accusations that church leaders have protected child abusers for decades in many countries.

Benedict last week issued an unprecedented letter to Ireland addressing the 16 years of church coverup scandals here.

But he has yet to say anything about his handling of the Rev. Peter Hullermann, the case known to have developed on the pope's watch when, as Cardinal Joseph Ratzinger, he oversaw the Munich Archdiocese from 1977 to 1982.

Munich archdiocese spokesman Bernhard Kellner said yesterday a new person has come forward claiming to have been abused in 1998 by Hullermann. Kellner gave no other details.

THE ASSOCIATED PRESS

### News in brief

**MIDDLE EAST** The Jerusalem municipality has approved 20 new apartments for Jews in an Arab neighbourhood of east Jerusalem, the city said yesterday, in a move that could stir a new diplomatic crisis with the United States just as Israel's leader is in Washington on a fence-mending visit. The announcement is the second such construction plan in a month.

THE ASSOCIATED PRESS



## Become a Certified Teacher

SUNY Potsdam offers a teacher certification program part time in Ottawa.

**Childhood Instruction** (Primary/Jr. Divisions) begins in August. Program entry requires bachelor's degree with competitive grades.

- » Become eligible for certification through the Ontario College of Teachers
- » Classes held one evening per week (winter, fall)
- » Summer classes also offered on weekends
- » Maintain employment while taking classes part time (final practicum semester requires full-time commitment)
- » Be placed in Ontario for student teaching

**INFORMATION SESSIONS** (reservations helpful, but not required)

March 25, April 22 & 29 • 7 pm • Ottawa  
Ottawa Catholic School Board, 570 W. Hunt Club Rd., Nepean, Ont.

April 20 • 7 pm • Kingston  
Best Western Fireside Inn, 1217 Princess St., Kingston, Ont.

1-800-458-1142 (ext. 1) • [graduate@potsdam.edu](mailto:graduate@potsdam.edu)

[www.potsdam.edu/ottawa](http://www.potsdam.edu/ottawa)



**Potsdam**  
THE STATE UNIVERSITY OF NEW YORK

## Island disappears in Bay of Bengal

**SUBMERGED** For nearly 30 years, India and Bangladesh have argued over control of a tiny rock island in the Bay of Bengal. Now rising sea levels have resolved the dispute for them: the island's gone. New Moore Island in the Sunderbans has been completely submerged, said oceanographer Sugata Hazra, a professor at Jadavpur University in Calcutta. Its disappearance has been confirmed by satellite imagery and sea patrols, he said. "What these two countries could not achieve from years of talking, has been resolved by global warming," said Hazra.

THE ASSOCIATED PRESS

## France No 'corporate' sex



French sex workers march in Paris yesterday, protesting a lawmaker's proposal to legalize brothels in France which they say means they would be working for a "company." They want the repeal of a 2003 law penalizing solicitation, which they say prevents them from working independently in the open.

FAMOUS WORLD/THE ASSOCIATED PRESS

**Have LASIK Now. Take Until 2015 to Pay!**

**LASIK MD**  
VISION

**LASER VISION CORRECTION**

Starting at

**\$490**  /eye\*

**Take 5 Years to Pay!**

**2015**



**Dr Pierre Demers**  
M.D., FRCSC  
40,000 procedures

**Dr Avi Wallerstein**  
M.D., FRCSC  
50,000 procedures

**Dr Ralph Zabel**  
M.D., FRCSC  
25,000 procedures

**FREE Consultation: 1-877-769-3030 • [www.lasikmd.com](http://www.lasikmd.com)**

**OTTAWA: Chambers Building, 42 Elgin Street**

\* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval. ††† Trade-mark of Capital Sports & Entertainment Inc. Used under license.

LASIK MD is proud to be the official LASIK provider of the Ottawa Senators®



Québec | Montréal | Kingston | Toronto | Hamilton | Waterloo | Calgary | Edmonton | Vancouver



**Accused pediatrician pleads not guilty**

A Delaware pediatrician pleaded not guilty yesterday to charges that he molested more than 100 of his patients. **THE ASSOCIATED PRESS**

world **11**Greece **Parade scaled back**

Teachers dressed in traditional Greek costume take part in a parade in Athens yesterday. The annual event will have been scaled back as part of government cuts to cope with the country's debt crisis.

# Sites under privacy microscope again

**You have been tagged in 12 photos — even if you're not signed up to the web-site.**

European regulators are investigating whether the practice of posting photos, videos and other information about people on sites such as Facebook without their consent is a breach of privacy laws. The Swiss and German probes go to the heart of a debate that has gained momentum in Europe amid high-profile privacy cases: To what extent are social networking platforms responsible for the content their members up-

load?

The actions set the stage for a fresh battle between American web giants and European authorities a month after an Italian court held three Google executives criminally responsible for a user-posted video.

Any changes could drastically alter the way Facebook, YouTube and others operate, shifting the responsibility for privacy from users to the company.

Swiss and German data protection commissioners are demanding that Facebook explain its practice of allowing users to upload

email addresses, photographs and other personal details about people who haven't signed up.

"The way it's organized at the moment, they simply allow anyone who wants to use this service to say they have the consent of their friends or acquaintances," Swiss commissioner Hanspeter Thuer said.

To conform with Switzerland's strict privacy law, Facebook could be required to contact those whose information has been posted online and ask them whether they agree to it, he said. **THE ASSOCIATED PRESS**

Excellents jobs, Excellents employeurs, Excellentes possibilités

## La Foire d'Emplois Bilingues à Ottawa

Lundi 29 mars et mardi 30 mars 2010 – De 10h à 18h  
Au Hampton Inn & Conference – Salle Main  
200 chemin coventry, Ottawa – (Vanier pkwy & Coventry)

Plus de 60 exposants: ING Direct, TD Canada trust, Bank of America, Cowan Insurance group, H2O, Service Canada, Sunlife Financial, Adecco, Manpower, Labortek, Maxsys ...and more

Plus de 1500 postes à combler: Administration, comptabilité, santé, éducation, Finances, service à la clientèle, technologie, communication, ventes, ingénierie, gouvernement, collection ...et plus

Avec des ateliers en employabilité et entrepreneuriat et le panel de discussion sous le thème : « Où sont les candidats bilingues ? Stratégies possibles pour réduire la pénurie de main d'œuvre bilingue et combler la demande croissante de travailleurs Bilingues »

Pour plus d'information appelez 1-866-784-3020 ou visitez [www.bilinguallink.com](http://www.bilinguallink.com)



Une activité de la Toile des carrières, en partenariat avec :  
Citoyenneté et Immigration Canada  
Agence fédérale de développement économique pour le sud de l'Ontario  
Conseil économique et social Ottawa Carleton  
Réseau de soutien à l'immigration francophone Centre sud ouest  
YMCA-YWCA de la capitale nationale

If you EVER Find a Lower Rate  
Call Us and we'll Beat it...  
**GUARANTEED!**

**Make Long Distance and Overseas  
Calls From Your CELL PHONE!**

at our **GUARANTEED  
LOWEST RATES!**



CUBA **89.9** ¢/min

INDIA **2.9** ¢/min

PAKISTAN **5.9** ¢/min

PHILIPPINES **11.9** ¢/min

Afghanistan...24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh...3.9 ¢	Lebanon ..... 9.9 ¢	Iraq.....4.9 ¢
Barbados..... 9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman.....14.9 ¢	Russia..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia...3.9 ¢
El Salvador..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala....10.9 ¢	Trinidad..... 4.9 ¢
Kenya.....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

**UNLIMITED**

Calling to

**CANADA**

(From Your Home or EVEN  
from your CELL PHONE)

**\$5** /month

**UNLIMITED**

Calling to

**INDIA**

(From Your Home or EVEN  
from your CELL PHONE)

**\$29.95** /month

**comwave®**

**613-216-6100**

[www.comwave.ca](http://www.comwave.ca)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 ¢/min per minute to India is based on a monthly plan of \$10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors' lowest advertised rate for like services. Unlimited India \$29.95 per month is based on a 1 year term where early cancellation fees apply. Monthly plan only \$5 more at \$34.95. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or NWT.



## OTTAWA

Managing Editor, Tracey Tong  
Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

## METRO CANADA

Group Publisher, Bill McDonald  
Editor-in-Chief, Charlotte Empey

Assoc Managing Editor, Tarin Elbert  
Enter/Lifestyle Editor, Dean Lisk  
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim  
National Sales Director, Peter Bartrem  
Interactive/Mktg Director, Jodi Brown

# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

## Comment

# Decoding online dating profiles

## Relating

### Sofi Papamarko

metronews.ca/papamarko

In the era of social media, online dating has shed its shameful image. "We met over the Internet" is a phrase no longer greeted with pity or whispered warnings. Lavalife is the new community singles dance. Christian Mingle is the new church picnic. J-date is the new pushy Bubbe.

Of course, it's wise to proceed with caution. You can discover a lot about someone from their dating profile — more than you might think. Here's how to read between their lines:

He writes: I like hiking, cycling, tennis, hockey, etc. I'm looking for someone who can keep up with my active lifestyle.

Translation: No fatties.

He writes: I really respect strong women and would love to find a successful, independent female to share my life.

Translation: I'm unemployed and you're picking up the tab. Forever.

She writes: I've had my

heart broken many times in the past, so I'm looking for something real. Players need not apply!!!!!!

Translation: Historically, I have a habit of selecting wildly inappropriate romantic

partners and will continue to do so because that is how I roll. If

you are a kind, sincere gentleman who cares about me and wishes to settle down, I will wonder what is wrong with you, complain to my friends that you are too needy and stop returning your calls.

He writes: I prefer the simpler things in life.

Translation: I live in a base-

ment, sleep on my ex-girlfriend's discarded futon and opt for meals that can be prepared using only a can opener and a microwave.

She writes: Well, what can I say? I'm a nice person. I like shopping and chilling with my friends. If u like what u see, let's meet for a coffee and take it from there.

Translation: I have nothing relevant or interesting to say on any subject and am passionate about nothing. Hope you like awkward silence!

He writes: I'm very much in touch with my feminine side.

Translation: I will try on your underwear when you are at work.

They write: My friends think I'm funny.

Translation: I've watched that YouTube video of the monkey picking his bum, smelling his finger and falling off the tree like a million times!

She writes: I wuvv my kitty-cat! LOL! Her name is Tiddlywinks and she is mummy's precious widdle baby angel, yes she is!

Translation: Run! Good luck out there.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

## Views

# Girls and their guitars an inspiring sight

## FourthWave

### Canice Leung

metronews.ca/fourthwave

When I started going to punk shows as a teen, there were just a handful of girls in a male-dominated scene. It was apparent there were two options for girls who wanted to fit in: Exploit your sexuality, or be one of the boys.

When I saw The Runaways this past week, it was déjà vu. The new movie, about the late-1970s all-girl rock band, is advertised as a

biopic about "the first girls to rock," and I'd say that's a pretty good assessment.

The two protagonists, guitarist Joan Jett and singer Cherie Currie, aim for those two tactics: Sex or toughness. Currie, known for her corsets and fishnets, chose the former; Jett, in black and leather, chose the latter.

The idea of an all-girl band was received poorly: Jett's guitar teacher tries to teach her On Top Of Old Smokey, and declares that girls play acoustic — not electric — guitars. At early shows, they were pelted with garbage; one detractor sneered that "guys don't like girls who are tough. Guys like girls who are soft and flirty."

Yes, once upon a time, people were THAT offended by female musicians — thankfully, that contempt doesn't exist anymore, but the idea of female rebellion still does.

Consider Currie was just 15 years old when she joined the band. On stage, she strutted with a microphone cord snaked around her fishnetted leg. Shocking! But rock 'n' roll is built on sexuality, and so much of growing up is about taking control of one's own body.

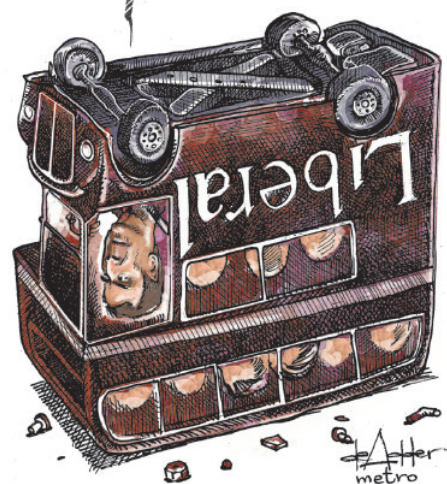
In one scene, the band's manager howled: "Rock is a blood sport — it's for men. This isn't about women's lib, it's about women's libido." In recent interviews, Jett said her "parents al-

ways told me I could do anything I wanted." Of her image, she said: "I think it's important that you're able to own it. And women owning their sexuality is threatening."

Rock music has a transformative effect — for misfits such as these girls, it's an escape from a life you don't fit into; it connects you with likeminded people, ideas, politics. It was for me, and I'd guess it was for The Runaways, too. All you can do is throw yourself into the rough and tumble and hope you come out the other side.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

## THIS IS AN INTERNAL CAUCUS MATTER.



Tell us your views by email to [ottawaleaders@metronews.ca](mailto:ottawaleaders@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • [adinfoottawa@metronews.ca](mailto:adinfoottawa@metronews.ca); [ottawa\\_distribution@metronews.ca](mailto:ottawa_distribution@metronews.ca)

# open house.

SUNDAY, MARCH 28<sup>th</sup>, NOON-5PM

OTTAWA'S HANDS-ON RECORDING ARTS COLLEGE

- Come for a tour • Watch a live session •
- Find out about our 8-month diploma program •



THE AUDIO RECORDING ACADEMY • 1540 RAVEN AVENUE

TARA is a Private Career College registered under the Private career colleges Act, 2005.



[taraottawa.com](http://taraottawa.com) • 613 798-0070



For the latest information, visit us at [chevroletgm.ca](http://chevroletgm.ca), drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. \*MSRP \$15,165. \*\*MSRP \$19,525. \*\*\*MSRP \$19,525. For more information on safety ratings, go to [www.safercar.gov](http://www.safercar.gov). 2010 Chevrolet Aveo 5-door received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †Chevrolet Aveo 5-door LS Sport with UF1. MSRP \$15,165. Chevrolet Cobalt LT Team Canada Edition, MSRP \$19,525. RWD/Cobalt XFE Coupe or Sedan R7D. †Financing on approved TD Bank credit only. 4.19% purchase financing for 84 months available on 2010 Chevrolet Aveo 5-door LS R7C/Aveo 5-door LS Sport R7C/Cobalt XFE Coupe or Sedan R7D. Example: \$10,000 at 4.19% for 84 months, the monthly payment is \$137.56. Cost of borrowing is \$1,555.04. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of \$11,489/\$12,495/\$11,969/\$13,245 with \$0 down payment. †77¢/Freight & PDI (\$1,450/\$1,450/\$1,450/\$1,450), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. \*\*\*Factory order or dealer trade may be required. †2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Cobalt XFE equipped with 5-speed manual transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. †US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to [www.safercar.gov](http://www.safercar.gov). 2010 Chevrolet Aveo 5-door received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †Chevrolet Aveo 5-door LS Sport with UF1. MSRP \$15,165. Chevrolet Cobalt LT Team Canada Edition, MSRP \$19,525.



# SMALL CARS. BIG VALUE.



## 2010 CHEVROLET AVEO<sup>5</sup> LS

NEW LOWER PRICE

**\$9,995**

FREIGHT & PDI  
FEES

**\$1,450  
\$44**

**\$11,489\***

PURCHASE PRICE

**\$73<sup>+</sup> AT 4.19%**

BI-WEEKLY/84 MONTHS • \$0 DOWN PAYMENT  
TAXES NOT INCLUDED

OR STEP UP TO THE  
2010 AVEO<sup>5</sup> SPORT

FOR ONLY **\$6<sup>+</sup>** MORE BI-WEEKLY

WITH: Aluminum Wheels • Rear Spoiler  
• Side Stripes with Aveo Sport Badge

★★★★★  
HIGHEST POSSIBLE U.S. GOVERNMENT  
CRASH SAFETY RATING<sup>†</sup>

LS Sport shown  
with OnStar<sup>††</sup>

**E** HWY: 5.7 L/100 km — 50 mpg  
CITY: 7.5 L/100 km — 38 mpg<sup>‡</sup>

INCLUDES **\$3,500** CASH CREDIT\*

## Best Highway Fuel Efficiency<sup>†</sup> in its Class

Based on WardsAuto.com Upper Small segment,  
excluding Hybrid and Diesel powertrains.

## 2010 CHEVROLET COBALT XFE

NEW LOWER PRICE

**\$10,475**

FREIGHT & PDI  
FEES

**\$1,450  
\$44**

**\$11,969\***

PURCHASE PRICE



LT model shown with  
Team Canada Edition Package<sup>††</sup>

**\$76<sup>+</sup> AT 4.19%**

BI-WEEKLY/84 MONTHS • \$0 DOWN PAYMENT  
TAXES NOT INCLUDED

ADD  
AIR CONDITIONING

FOR ONLY **\$8<sup>+</sup>** MORE BI-WEEKLY

**E** HWY: 5.4 L/100 km — 52 mpg  
CITY: 8.0 L/100 km — 35 mpg<sup>‡</sup>

INCLUDES **\$5,000** CASH CREDIT\*

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE  
FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.  
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$599 for Dealer fees.\*\*\*





**GM** THE BEST COVERAGE IN CANADA  
**5 YEARS** • POWERTRAIN COMPONENT LIMITED WARRANTY  
**160,000KM** • ROADSIDE ASSISTANCE  
• COURTESY TRANSPORTATION  
\*WHENEVER COVERED BY THE LIMITED WARRANTY, SEE DEALER FOR LIMITED WARRANTY DETAILS.

[ontariochevroletdealers.com](http://ontariochevroletdealers.com)



Lee Kun-hee, South Korea's richest tycoon, has returned as chairman of Samsung Electronics, filling the void left atop the world's second-largest chipmaker after criminal charges of tax evasion led him to resign. **METRO NEWS SERVICES**

# Business

DOLLAR	N.GAS	OIL	TSX
 US 97.53¢ US 0.89¢	 US \$4.105 US 2.5¢	 US \$80.61 US \$1.30	 11,962.97 81.57

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Starbucks Brewing confidence



Starbucks CEO Howard Schultz addresses the company's annual shareholders meeting yesterday in Seattle. Starbucks Corp. will begin paying a 10-cents-per-share dividend to investors, Schultz said, signalling confidence the firm's ambitious turnaround effort has taken hold.

## Mobile banking up

### ING Direct latest to launch full-featured app

Mobile banking is finally gaining steam in Canada, long after U.S. consumers started paying bills on their BlackBerrys and iPhones, but some analysts wonder whether Canadians will rush to embrace banking apps.

ING Direct is the latest Canadian financial institution to launch a full-featured mobile banking app that allows customers to transfer funds, check account balances and transactions, and search for the nearest ATM on a BlackBerry or iPhone.

Last month, CIBC released an iPhone app that allows money transfers and bill payments. Scotiabank's BlackBerry and iPhone apps only allow users to find their nearest



branch or ATM, while RBC and TD Bank don't have an app but have optimized websites for banking on mobile phones.

In a report released last month, Forrester Research suggested Canadians are very happy with online banking and aren't really

all that interested in going mobile. In a survey of nearly 6,000 Canadians, the most popular responses to why users hadn't enrolled in mobile banking were: "I don't see the point," "I get everything I need from online banking," and "my banking needs are not that urgent that I can't wait to access my accounts through the phone, ATM, or the web."

The Canadian market for mobile banking is still relatively small but it will grow and it makes sense for banks to go after the early adopters, said IDC Canada analyst Robert Burbach. **THE CANADIAN PRESS**

## Carney issues rates warning

**INTEREST** Bank of Canada governor Mark Carney gave his most explicit warning to date that higher interest rates are coming, and perhaps sooner and higher than previously thought.

The bank governor has always maintained that his promise to keep interest rates at historic lows was contingent on inflation remaining tame, but yesterday issued a clear alarm that he is worried about prices. And in a speech before the Ottawa Economic Association, he underlined just how qualified his commitment to keeping the policy rate at 0.25 until at least July has become.

"This commitment is expressly conditional on the outlook for inflation," he stressed. **THE CANADIAN PRESS**

## Business in brief

**EMPLOYMENT** Statistics Canada reports 698,800 people received regular Employment Insurance benefits in January, down 47,700 from December. It was their fourth straight monthly decline as the num-

ber of beneficiaries fell in every province, especially Ontario, Alberta, British Columbia and Quebec.

**REALTORS** The Canadian Real Estate Association says it has not received any offers from

the Competition Bureau to settle allegations of anti-competitive behaviour and has no plans to take Canada's federal competition watchdog to court. The Competition Bureau rejected CREA's amendments

made to its rules Monday to lift restrictions on realtors' minimum service requirements.

**WESTJET** New WestJet CEO Gregg Saretsky says he wants to increase the Calgary-based

airline's domestic market share to about 50 per cent in the coming years. Saretsky says the discount airline now has about 38 per cent of the Canadian market.

**THE CANADIAN PRESS**



## Are you a parent with Depression?

Both you and your child can benefit when you seek help

We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

\*Men and Women 18 years or older with depression  
\*Study medication and assessments provided  
\*All research has been approved by the Research Ethics Board  
\*Subjects may be eligible for compensation for time and travel  
\*All queries are strictly confidential

For more information contact Wendy Fusee:  
(613)722-6521 ext.7828  
Wendy.Fusee@rohcg.on.ca

University of Ottawa  
Institute of Mental Health Research  
Institut de recherche en santé mentale  
de l'université d'Ottawa

## TOP 5 MOVERS RECOMMENDED BY METRO READERS

- TENDER TOUCH MOVING & STORAGE**  
"I was so glad that I found Tender Touch Moving."
- TWO SMALL MEN WITH BIG HEARTS MOVING**  
"They packed everything, loaded it into the truck and then we drove to our new house. Everything was unloaded with care."
- OTTAWA MOVERS**  
"Everything arrived in proper condition and the weight distribution in the truck was excellent too."
- MOVE-OTTAWA MOVERS**  
"They showed up on time, and they completed everything on schedule as well."
- HIRE A MOVER OTTAWA**  
"This was the most worry free move I have experienced."

**NEXT WEEK'S TOP 5 – INSURANCE AGENTS**  
Recommend your Insurance Agent by Friday and you could WIN A HP MINI 10.1" NETBOOK!  
TO ENTER VISIT [METRONEWS.CA/GIGPARK](http://METRONEWS.CA/GIGPARK)

Powered by **metro** and **gigapark**



**U.S. homes sales drop**

Sales of new homes in the United States fell unexpectedly to their lowest point on record in February, in part because stormy weather. **THE ASSOCIATED PRESS**

**business 15****Rising loonie encourages trips**

**TRAVEL** The rising value of the loonie has more Canadians making plans for a trip across the pond, travel agents say.

"We've had really good numbers for trips to Europe. It's been steady, strong growth to a wide variety of markets across Europe," said Sean Shannon, managing director at Expedia.ca, an Internet-based travel website.

"There's more four star hotels being booked than three star hotels. It's a bit like winning the lottery. People feel wealthier so they want to treat themselves," Shannon said. **TORSTAR NEWS SERVICE**

**Enviro groups mark concerns**

**LOBBYING** Environmental groups are concerned that lobbying by the Canadian government may have persuaded the European Union to backtrack on a proposed fuel policy that would have targeted Alberta's oilsands.

The European Union is trying to reduce greenhouse gas emissions **THE CANADIAN PRESS**

# CanWest seeks bonus for executives

**Troubled CanWest LP, the biggest publisher of major Canadian daily**

**newspapers, wants the court to approve an additional \$1.3 million in bonuses for executives who remain on board during the restructuring and sale process.**

That would bring the total to \$6 million in retention bonuses to be paid out to 27 employees over the course of the process, which is expected to end in mid-August.

The request follows the resignation of Dennis Skulsky, president and chief executive officer of CanWest Publishing Inc., effective April 30. The company publishes the National Post, Ottawa Citizen and Montreal Gazette, among others.

Skulsky would remain on board as a part-time adviser and consultant to the end of August when the re-

**Court agreement**

• Meanwhile, in a separate but related development, an Ontario court agreed yesterday to speed up the process for dealing with Goldman Sachs' complaints about the sale of CanWest's TV assets.


structuring process is supposed to be completed.

Skulsky said he is leaving to spend more time with his family, who are all in British Columbia. He's also rumoured to be a candidate for president of the B.C. Lions of the Canadian Football League.

As a result, CanWest said, it needs to revise its agreement with Skulsky and also increase the bonuses being paid to the remaining executives who are assuming his duties. **TORSTAR NEWS SERVICE**


Voulez-vous  
*parler* avec moi,  
ce soir?

ilfautsavoir.com  
mustknow.ca



# ELITE

**GATINEAU**



## 0% PURCHASE FINANCING FOR UP TO 72 MONTHS.

*PLUS, 1<sup>ST</sup> PAYMENT IN 90 DAYS!†*

**MAZDA3**  
2010 GX SEDAN

**\$15,995**  
- \$2,000 REBATE  
**\$13,995**  
\$1,395 Freight and Pre-delivery.  
**\$15,390 + TAXES**

**\$105\*** / Bi-weekly Taxes Included


**MAZDA3**  
2010 GX SPORT

**\$16,995**  
REBATE - \$2,000  
**\$14,995**  
\$1,395 Freight and Pre-delivery.  
**\$16,390 + TAXES**

**\$112\*** / Bi-weekly Taxes Included


\*96 months term at 5.5% APR, with \$0 down payment, including Freight, PDE & all Taxes. OAC  
Elite Mazda has No Admin. Fee, and every Elite Mazda is delivered with a Full Tank of Gas & Floor Mats.

**2010 Mazda6**




or cash purchase credit of **\$2,000\*** **3.63%** equivalent APR

**2010 Mazda5**




or cash purchase credit of **\$2,500\*** **5.25%** equivalent APR

**2010 TRIBUTE**



or cash purchase credit of **\$3,000\*** **4.63%** equivalent APR


**2010 B4000 SE 4X4**



or cash purchase credit of **\$4,500\*** **6.94%** equivalent APR

**ASK ABOUT OUR SPECIAL OFFERS FOR EXISTING MAZDA CUSTOMERS. GRADUATES GET AN ADDITIONAL CASH AWARD OF UP TO \$750 TOWARDS PURCHASE OR LEASE.**

**READY TO ROLL**



**\$750**

†Applicable only when vehicle is financed at regular interest rate or purchased in cash. 0% APR Purchase Financing is available on all new 2010 Mazda vehicles. Based on a representative agreement for financed amount of \$15,000, the cost of borrowing for a 60-month term contract is \$0, monthly payment is \$250.00 and total obligation is \$15,000. \*No payments for 90 days applies to purchase finance offers on new 2010 Mazda models and applicable on finance contracts of up to 84 months only. Photos for illustration purpose only. Offers have no cash value and cannot be transferred, assigned or combined. Contact Elite Mazda for details and other specials including Grad Program. Offers end March 31, 2010.

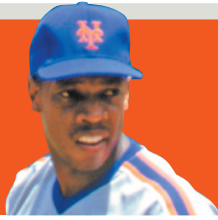
VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.

**ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE WEST • GATINEAU**  
**ELITEMAZDA.CA • 819.568.6000**

Forbes' annual rankings show that Hendrick Motorsports is the most valuable team in NASCAR for the second consecutive year. Forbes' report released yesterday shows NASCAR's top team is worth \$350 million US. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONews.CA



## Gooden charged after crash

Former Major League Baseball star Dwight Gooden, left, has been charged with driving under the influence of drugs and leaving the scene of an accident. The former pitcher for the New York Mets and New York Yankees had a child in his vehicle at the time of the two-vehicle crash around 9 a.m. Tuesday, police said. Police wouldn't say whose child it was, but they said no one was hurt. **THE ASSOCIATED PRESS**



Patrick Chan performs his short program yesterday at the world figure skating championships.

# Chan soars into second

Skater in the hunt at world championships

Patrick Chan's wide smile was back, and so was the wonderfully familiar sense of lightness in his skating that had abandoned him so abruptly in Vancouver.

With the weight of the pressure of the Olympics off his shoulders, the Canadian finds himself in the hunt for his second consecutive medal at the world figure skating championships, finishing second in the short program yesterday with the best skate of his season.

"I kind of got into that zone and got into that flow of just enjoying myself and being in the moment and taking each element at a time and taking my time doing each one," Chan said. "I think Vancouver just helps you on all levels of confidence and elements and everything. It was finally good to be at worlds and really enjoy it instead of being nervous about everything that surrounds it."

"I felt great on the warmup and really was relaxed off the ice, and wasn't nervous, and then I went out and it all went by really fast so I think that's a good sign."

The 19-year-old from Toronto scored 87.80 points for his performance to Tango de los Exilodos, more than six points high-

## Pairs results

- Canadian teammates Jessica Dube and Bryce Davison finished sixth in the pairs.
- Olympic silver medallists Pang Qing and Tong Jian of China won the gold with 211.39 points, while Germany's Aliona Savchenko and Robin Szolkowy, third in Vancouver, won silver with 204.74.
- Anabelle Langlois of Hull, Que., and Cody Hay of Edmonton moved up from 12th to finish 10th overall.

er than he scored a month ago in Vancouver, where he bobbled his triple Axel, stumbled on his step sequence and then stepped off the ice at a jam-packed Pacific Coliseum with a look of utter bewilderment. Chan went on to finish fifth in his Olympic debut.

In a half-empty Palavela arena yesterday — the site of the 2006 Olympics — Chan was the picture of composure, nailing all his jumps and executing his spins and step sequences with poise and precision.

Coach and choreographer Lori Nichol told the skater before he stepped onto the ice: "Just enjoy the moment, and breathe."

"Think about breathing and taking my time

through each element, and not racing through it like a puppy, which I'm known to do," Chan said. "It was great, at the end she said you did exactly what I wanted you to do, you took your time through each element and enjoyed performing it."

Daisuke Takahashi of Japan, the Olympic bronze medallist, scored 89.30 points to take the lead heading into today's long program in a field that's missing both the Olympic gold and silver medallists.

Brian Joubert of France, who landed one of just two quad jumps among the top-10 skaters, scored 87.70 to sit third.

Kevin Reynolds of Coquitlam, B.C., who also landed a quad — one of just four in the field of 46 skaters to do so — is 14th.

**THE CANADIAN PRESS**



Scan this code or text SPORTS to 82442 for more sports. See the Local page to learn how to scan.

## Woods to speak before Masters

**GOLF** Tiger Woods will speak before he plays in the Masters.

Woods is scheduled to hold his first press conference in nearly five months at 2 p.m. on Monday, April 5, according to a tentative interview schedule that Augusta National released yesterday.

It will be his first press conference in nearly five months, and his first time facing a room full of reporters since he crashed his SUV into a tree on Nov. 27, setting

**"I suppose the best thing he could do would be open up and just let you guys shoot at him."**

Arnold Palmer on Tiger Woods

off shocking revelations of rampant infidelity.

The Masters only recently began conducting a press conference on Monday of tournament week, usually a player with only moderate news interest because most of the media isn't there yet.

Woods is the only player scheduled for an interview that day. Given the sensational nature of

his downfall, what he says could trump the NCAA basketball championship game held later that night.

"Our focus that Monday

will be on crowning the next national champion," NCAA spokesman Erik Christianson said.

Arnold Palmer, one of the most popular players in golf history, suggested that Woods be more open with reporters.

"It's up to him to do and say whatever he feels he needs to do to redeem the situation, put it in the proper place," Palmer said. "... I suppose the best thing he could do would be open up and just let you guys shoot at him. And that's just my thought."

The last time Woods held a press conference was Nov. 15 after he won the Australian Masters in Melbourne for his 82nd career victory.

**THE ASSOCIATED PRESS**

## UNTANGLE LIFE'S CHALLENGES



## DIAL



Connecting you to a full range of non-emergency community, social, government and health services

- FREE • CONFIDENTIAL • MULTILINGUAL
- OVER 150 LANGUAGES

[www.211ontario.ca](http://www.211ontario.ca)

## SCOREBOARD

### NHL

**YESTERDAY'S RESULTS**  
Buffalo 3 Montreal 2 (SO)  
Detroit 4 St. Louis 2  
N.Y. Rangers 5 N.Y. Islanders 0  
Washington 4 Pittsburgh 3 (SO)  
Los Angeles at Colorado  
Anaheim at Vancouver

**TODAY'S GAMES**  
Tampa Bay at Boston, 7 p.m.  
N.Y. Rangers at New Jersey, 7 p.m.  
Calgary at N.Y. Islanders, 7 p.m.  
Minnesota at Philadelphia, 7 p.m.  
Washington at Carolina, 7 p.m.  
Toronto at Atlanta, 7 p.m.  
Chicago at Columbus, 7 p.m.  
Florida at Montreal, 7:30 p.m.  
Los Angeles at St. Louis, 8 p.m.  
Phoenix at Nashville, 8 p.m.  
Dallas at San Jose, 10:30 p.m.

### NBA

**YESTERDAY'S RESULTS**  
Utah 113 Toronto 87  
Atlanta 85 Orlando 84  
Boston 113 Denver 99  
Charlotte 108 Minnesota 95  
Cleveland 105 New Orleans 92  
Indiana 99 Washington 82  
New Jersey 93 Sacramento 79  
Oklahoma City 122 Houston 104  
Philadelphia 101 Milwaukee 86  
L.A. Lakers at San Antonio  
Memphis at Golden State

**TODAY'S GAMES**  
Miami at Chicago, 8 p.m.  
L.A. Clippers at Houston, 8:30 p.m.  
Dallas at Portland, 10:30 p.m.

For more scores, visit [metronews.ca/sports](http://metronews.ca/sports)

## Sports in brief

**FOOTBALL** NFL players should be safer during games thanks to several rules changes passed at the league meetings yesterday. They also might be playing longer in regular-season overtimes. The NFL passed rules to further protect defenceless players, including ball carriers who lose their helmet during a play.

**CURLING** Canada's Jennifer Jones suffered the first blemish on her record at the women's world curling championship yesterday with an 8-7 loss in an extra end to Germany's Andrea Schopp.

**COLLEGE BASKETBALL** Syracuse centre Arinze Onuaku will not play tonight against Butler in the West Regional semifinal. Orange coach Jim Boeheim

said the six-foot-nine centre is doing better but will not be available for the Butler game.

**NBA** The Denver Nuggets might not have coach George Karl back on the sideline until the playoffs begin next month. Karl is undergoing treatment for throat and neck cancer and, according to a blog by his girlfriend, he was hospitalized this week with blood clots in his lungs and a leg.

**BASEBALL** Major League Baseball made a minor change to its post-season schedule yesterday, eliminating an off-day in the middle of the league championship series and adding one before the World Series. The change was the first made at the recommendation of the special committee for

on-field matters appointed in December by commissioner Bud Selig.

**BASEBALL** The Tampa Bay Rays beat the Toronto Blue Jays 5-3 yesterday behind two solo home runs by Jason Bartlett and another solid pitching performance by Jeff Niemann.

**SOCCER** Samuel Eto'o scored twice — his second goal coming with a spectacular bicycle kick — and Inter Milan beat Livorno 3-0 yesterday to restore a four-point lead in Serie A.

**SOCCER** Tottenham staged a second-half comeback to reach the FA Cup semifinals with a 3-1 victory over Fulham yesterday and stayed fourth in the Premier League after Manchester City was beaten 2-0 by Everton. **METRO NEWS SERVICES**



**Camp do**

If you're sending your child to camp, send him or her a modest care package along with a couple of fun and funny letters. **OURKIDS.NET**

**17**

# Summer Camps

## Camp: A new beginning

Opportunity abounds for kids enrolled in summer programs

RICHARD WOODBURY  
for Metro Canada



**There are many benefits kids get from going to summer camp. One of those benefits is that they can learn without the pressure of being graded.**

"They can just enjoy learning," says David Field, the editor of the Ontario-based *Our Kids Go To Camp* magazine. "It doesn't have to have something attached to it that they have to achieve."

This means kids can progress at their own pace.

"We take a child from where they are to anywhere they can go in the specified time we have them and they feel good about it, as opposed to being graded on it," says Andrea Jaros of SAIT Polytechnic in Calgary. She's responsible for the summer camps at SAIT and is a former teacher herself.

Camps can also offer kids a fresh start, compared to what they're used to at school.

"In school, there's certain assumptions or you might get labelled," says Field.

"But when you go to camp, it's a whole new beginning. You start fresh, (it's) a chance to meet all new people, do all new sorts of things, nobody knows anything about you."

Summer camps also help develop life skills, such as



Benefits for kids who attend summer camp include learning without school pressures, a chance to start fresh and the development of life skills.



**Summer camp helps kids develop life skills**

conflict resolution and communication skills.

This is especially true in overnight camps.

"You have to get along with people that you may be in the same cabin with or people you're spending all day long with," says Field.

"It's a different circumstance. You don't go home at night and then get away from them. You have to learn how to work with people. You may not like everybody, but you have to respect and understand them."

### How to determine if a camp is right for your child

Take these factors into consideration

- **Preparedness:** Is your child ready to be away from home? Has he or she been prepared by previous short stays away?
- **Personal needs:** What are your child's special needs — security, discipline, group living experience, independence, group awareness, improving old skills and interests, learning new ones?
- **Physical:** Does your child

need special consideration because of any physical condition?

- **Judgement:** Can your child's needs be met best in a general camp, or in a camp especially designed for children with similar needs?

- **Leadership:** Are the leaders mature, competent to guide children and to supervise assigned activities?

- **Inspection:** Have you visited the camp? Does the camp meet your child's needs? Consider attending an open house at the camp.

- **Verification:** Have you talked to the parents of children who have attended this camp?

- **Purpose:** What is the camp's purpose? Does it fit your child's purposes?

- **Personality:** Are the living

groups small enough to give your child a sense of security and belonging — to feel that he or she is an individual, not just lost in the crowd?

- **Facilities:** Do the facilities of the camp make it possible for your child to develop new and desirable skills that are compatible with his or her potentials?

B.C. CAMPING ASSOCIATION

The camps also allow children to build supportive relationships, both with each other and the adults running the camps.

"That's very helpful, especially if the child does not have a lot of positive

influences in their lives," says Jaros.

In today's age of emails, text messages and cell-phones, the camp experience is face to face.

"The entire camp experience is social," says Field.

"You're not chatting with someone on a screen, you're talking with them in person and you're gaining experiences with people."

But above all, camps provide an opportunity to do

something different.

"It's a chance for them to discover new likes and dislikes," says Field.

"It's a chance for them to make new friends, and also the friendships will last a lifetime."

www.ottawalittletheatre.com

**Ottawa Little Theatre**

400 King Edward Ave.

**Summer Drama Camps**  
for kids ages 9 to 12

**1 Week Camps**

**July & August**

Before and after care available

*On the Stage of the OLT?*



**2 Week Workshops**  
Musical Theatre July 5-16  
Theatre in Action July 19-30

**On Screen!** August 3-13

Presented in Partnership with SAW Video  
Improvising Comedy August 16-27

**Summer Youth Theatre Workshops**  
for ages 13 to 17



*To Register*

call the box office at **613-233-8948**  
or online at **www.ottawalittletheatre.com**



## 18 summer camps

Camp can teach your child self reliance

The temporary separation of children from parents can teach them to rely upon their own decisions and abilities. B.C. CAMPING ASSOCIATION



With buy-in from your kid, camp is a great way to keep idle minds and hands engaged throughout the summer.

# Want your kids to have fun at camp? Involve them

MICHELLE LINDSTROM  
for Metro Canada

**For most, the arrival of spring stirs up excitement about rising temperatures but for others (read: Parents) it is a scary reminder that kids will soon be out of school with idle hands and minds.**

Calgary-based Creative Kids director Anna Dunne said some parents call her about summer camps in December but that's not exactly necessary. She explained most toddler day camps fill up faster than the week-long camps for six-to 10-year olds. This is because only 12, three to five year-olds are accepted for each day camp.

Another good reason not to wait too long to register, explained Dunne, is that camps are great ways to break up the routine for kids and parents in the

summer.

Ryan Turner of Mad Science of the Maritimes in Halifax said camps allow kids to meet and become friends with others they wouldn't have met otherwise.

"Our camps allow kids to make the connection between learning and fun at an early age," he explained in an email, adding that kids come to his camp from all over the city and province for the love of science.

"Our camp is all about sparking and encouraging curiosity," said Turner.

Picking the right camp for your child may be a challenge as there so many out there — science, music, sports and so on.

"It's important to find your child's passion area

and then follow through and that will make their summer camp experience more exciting," Dunne said.

"A camp should be like a treat or something special to get excited about, as opposed to something to get bored with or dread."

What to do about the shy or nervous little ones?

"This happens every year and every year the child is fine by the end of the first day," said Turner. "This is obviously an important step in a child's development."

Dunne said by school-age, most kids are familiar and comfortable with Mom or Dad leaving them for the day. It's toddlers who haven't all grasped the concept their parents

will definitely return to pick them up at day's end. She said some parents start young kids with half days to work up to full-day camps.

Also, sometimes it's best for parents to just leave the room and let the camp instructors distract an upset child just being dropped off, said Dunne, and the majority of the time the toddler is fine within minutes.

Dunne and Turner note camp instructors have background checks, teacher training and at least one member on site has first aid training as well. Prices vary significantly for camps based on the duration, equipment provided and location.

It's best to get your child involved in the decision-making process so your money isn't wasted on a camp he or she never would have chosen if asked.

**Camp should be a treat, not a burden**

## Dealing with homesickness

JON TATTRE  
for Metro Canada

March Break camps are often the first time children spend a night away from home and the experience can lead to feelings of loneliness and abandonment. Sometimes it's hard for the kids, too.

Agnes Stawicki, managing editor of the magazine Our Kids Go to Camp (ourkids.net/camp) says both parent and child can head off trouble by getting kids involved from the start.

"We say first and foremost to really involve the child in the process so that they get excited about it from the start and they have a role and a responsibility," she says.

Kids shouldn't feel like they're being sent away from home, but that they're choosing to go to summer camp.

Tell them what their days and week will be like and that there will be other campers just like them, along with staff who can help them with any problems.

She reminds parents that camp staff are highly trained in the physical and emotional care of children and the low staff-to-camper ratio means they can keep a close eye on everyone.

Stawicki recommends a trip to a cottage

and sleepovers at a friend's house to get kids accustomed to sleeping away from home and family before heading for the week-long camp.

Often the real fear is coming from the parents, not the kids, she says.

"The children get there and love it and want to stay an extra week, whereas the parents are the ones missing the kids."

Homesickness is a "natural, healthy" emotion, she says, and parents can prepare kids for it by letting them know they might feel lonely, perhaps comparing it to a tummy ache.

"You want the child to have a realistic approach to it," she says.

It might seem like a good idea to call the camp daily to make sure your child is not homesick, but that can backfire.

"It's really only going to increase any homesick feelings if the parents continuously call during the camp session," Stawicki says.

She advises kids to leave the cellphone at home. Instead of calling, parents can send a nice package with a few treats and a photo from home, timing it so the parcel arrives two days into the break.



## Camp dos and don'ts for parents

Tips for dealing with separation


### Do

- Respect the camp's visiting rules; some camps do not allow parents to visit while camp is on.
- Trust the camp you have researched and chosen to look after your child; it's their job.
- Send a couple of fun, and funny, letters (or e-mails, if available and acceptable at camp).
- Send a modest care package.

### Don't

- Go overboard in sending elaborate packages.
- Worry if they haven't written; it likely means they're having fun.
- Telephone constantly or send countless letters and emails.
- Unpack for your child if you drive to camp; give him or her the space and independence to get settled.

SOURCE: OURKIDS.NET



**The Ottawa Folklore Centre School of Music**

1111 Bank St.  
at Sunnyside •  
613-730-2887 •  
www.ofcmusic.ca

Spend the summer getting  
your music together... guitar, bass,  
voice, percussion and more  
Private lessons, Rock camp,  
jam camp • rock, jazz, blues  
and folk.



**Camp can give kids a lesson in good citizenship**

Good citizenship can be learned by experience in a camp environment in which democratic group living is a necessity. **SOURCE: B.C. CAMPING ASSOCIATION**

summer camps **19**

# Sports camps give kids edge

Skills developed through the year can be fine-tuned with summer programs

**MIRANDA MINASSIAN**  
for Metro Ottawa

**Summer sports camp is a great way to keep kids active, involved and too busy to get into trouble.**

Carleton University runs the Summer Sports Camp and Children's Program on campus all summer long. The camp has been run for the past 35 years.

"We've been around so long that we now have former campers sending their kids to us," said summer camp co-ordinator Chris Surgener.

"We have families calling before registration is open to make sure they don't miss the date."

Their summer camp program offers individual sport registration, as well as leadership and multi-sport camps.

"We have fantastic sports facilities here at Carleton," said Surgener. "Summer camps allow the community to get good use of them."

The City of Ottawa of-

fers more choices than you can throw a ball at when it comes to sports and recreational camps.

and most camps run Monday to Friday, 9 a.m. to 4 p.m.

This city provides a fee assistance program for parents who are unsure whether they can afford the cost of summer camp.

Each qualifying individual is eligible for a maxi-

mum of \$165 in fee assistance, which can be put towards as much as 75 per cent of the program costs.

Formal clubs are another option for



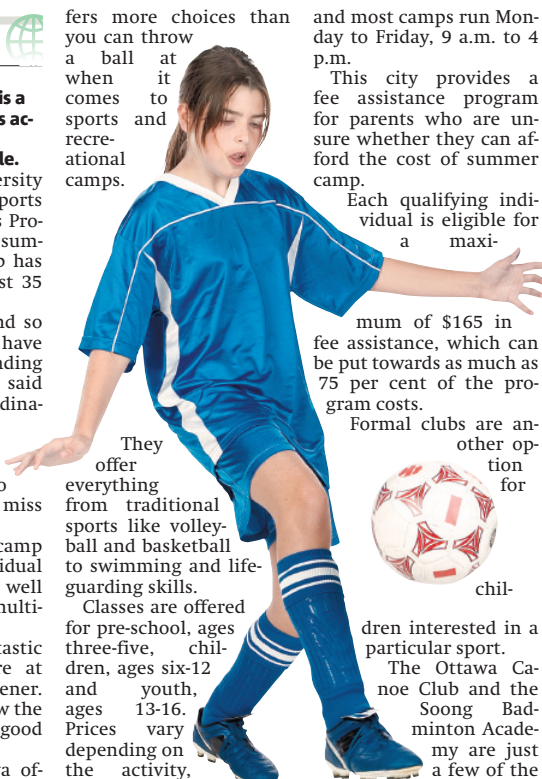
child-

dren interested in a particular sport.

The Ottawa Canoe Club and the Soong Badminton Academy are just a few of the

They offer everything from traditional sports like volleyball and basketball to swimming and life-guarding skills.

Classes are offered for pre-school, ages three-five, children, ages six-12 and youth, ages 13-16. Prices vary depending on the activity,



Keep kids engaged and participating with the many sports camps offered in the Ottawa area.

sport-specific clubs in Ottawa to offer summer camp programs for kids.

Specialized camps can foster an interest, or focus on specific skill development.

"The summer camps appeal to everyone," said Sam Mann, the administrator at the Ottawa Academy of Martial arts.

"Most kids either come back next summer, or join the year-round program.

They want to keep up with their progress."

Keep children engaged and participating all summer long with the many sporting op-

portunities the Ottawa area has to offer.



## What to consider when selecting a camp for your child

- You will play a very important role in the success of your child's camping experience from the moment you think about camp, to making the camp selection, preparing for camp, the experience itself, and the post-camp incorporation of the experience into your home.
- In selecting a camp there are four main fac-

tors to be considered. These are: 1. Knowledge of the camp selected. 2. The expectations you and your child have for camp. 3. The camper. 4. an awareness that the people who direct the camp are far more important than the equipment, buildings, and facilities advertised.

**SOURCE: B.C. CAMPING ASSOCIATION**

## The Body Systems for Children!

Creating Mini Medical Minds!

For more information please contact:

**613-796-7267**

info@thebodysystems.com

[www.thebodysystems.com](http://www.thebodysystems.com)

Fun workshops offered by a medical professional for children to learn about the different systems in the human body and how they function!

**The Body Systems for Children**



## The Staback Music Studio's Musical Theatre Camp 2010

- \*Learn to sing, act, and dance in a fun environment!
- \*Make sets, props, and costumes!
- \*Perform in a Musical!

\*Programs available for Ages 7-17

Visit [www3.sympatico.ca/tracey.staback/](http://www3.sympatico.ca/tracey.staback/) for more information.



## Les Camps d'exploration de carrières de La Cité collégiale pour les jeunes de 11 à 15 ans

### Les disciplines:

- Photographie numérique
- Animation 3D (débutant et intermédiaire)
- Esthétique, coiffure et maquillage
- Arts culinaires
- Services policiers, services d'incendie et soins paramédicaux (911)
- Environnement
- Architecture et génie civil

Notre 2<sup>e</sup> édition des Camps d'exploration de carrières aura lieu durant les deux premières semaines de juillet, soit la **semaine du 5 juillet et la semaine du 12 juillet**, de 9h à 15h. Chaque camp, **au coût de 125 \$**, est d'une durée de 5 jours. L'inscription pour les camps débutera le 22 mars et se terminera le 28 mai.

Pour plus d'information, communiquez avec Jocelyne Agnew  
campscarrieres@lacityec.on.ca | 613 742-2483, poste 2891



**DRAMA. SUSPENSE. COMEDY.**

Visit [metronews.ca](http://metronews.ca) to watch [metrotube](http://metrotube.com) of the day

CSA-10-007

la **cité** collégiale

Le Collège des meilleures pratiques



## 20 summer camps

Camp is a great way to provide kids with new experiences

New opportunities will be available for exploration and to learn new skills under proper guidance and instruction. B.C. CAMPING ASSOCIATION

# City and university camps have something for all

Leadership and career development just some of the options available for older kids

ANDREW SZTEIN  
for Metro Ottawa



A summer off from school doesn't mean countless days sitting on the couch playing Xbox, not when there are so many options around the city for enriching summer camps.

Both of Ottawa's major universities, Algonquin College, and the city of Ottawa are all hosting a variety of summer camps for children of all ages and interests.

The University of Ottawa Gee-Gees are putting on some sporting summer camps, where boys and girls alike can learn how to properly play sports such as hockey, basketball, rugby, volleyball, and soccer.

For the older set, Algonquin College is offering a selection of camps between July 5 to 30 aimed at youths aged 12 to 17.

Chief among these is a workshop for youths called "career samplers" where attendees get to

**"(Campers get to) spend five days at the college experiencing what it is like to work in an industry of interest to them. This could be in game development, animation, auto repair, etc."**

David Hall, communications officer, Algonquin College

"spend five days at the college experiencing what it is like to work in an industry of interest to them," said David Hall, communications officer

for the college.

"This could be in game development, animation, auto repair, etc."

Carleton University is also hosting leadership

camps, sports clinics, lifesaving classes, and more.

Carleton is also offering a specialized camp for children aged three to six, where campers will take part in "an exciting half day of sport activity, aquatics and arts and crafts," said the Carleton website.

If it's exercise for the mind that you're after, the city of Ottawa is hosting dozens of different camps for children of all interests. These include

drama camp, Little Splinters Woodshop, Ooey Goey Science, A Bug's Life camp, Marvellous Musicians, and a plethora of swimming and sports camps.

A full list of the offered programs can be found on the City of Ottawa's website and in hard copy form at various grocery stores throughout the city.

For any of the programs offered, there are early drop-off and late pick-up options for busy parents.



### Y Day Camps

#### Information Nights


**Tuesday, March 30**  
7:00 pm – 8:30 pm  
**Ruddy Family Centre Y**  
(formerly the Orleans Y)  
265 Centrum Blvd, 613.830.4199

**Wednesday, March 31**  
7:00 pm – 8:30 pm  
**Metro Central Y**  
180 Argyle Ave, 613.788.5000

**Kanata Y**  
1000 Palladium Dr, 613.599.0280



Look to the city and Ottawa's universities and college for summer camp options.




**Camp Davern**  
For girls ages 6 - 16

### Information Night

**Thursday, April 8**  
7:00 pm – 8:00 pm  
**Metro Central Y**  
180 Argyle Ave, 613.788.5000

ACCREDITED MEMBER  
ONTARIO CAMPING ASSOCIATION

613.832.1234 | [www.ymcaywca.ca](http://www.ymcaywca.ca)

NATIONAL CAPITAL REGION YMCAYWCA  
STRENGTHENING the HEART of our COMMUNITY  
CAPITAL CAMPAIGN

287079-0122

## PAPANACK PARK ZOO JUNIOR ZOO KEEPER CAMP

"AN EDUCATIONAL ADVENTURE!"

A very unique opportunity to experience the life of a Zoo Keeper as you go behind the scenes and learn all about the animals that make their home at Papanack Park Zoo.

- Exciting visits with the special animals at "Iemur Junction"
- One of a kind photo opportunities
- Lifetime membership to the zoo and most of all lots of fun!
- Complimentary daily bussing from Orleans
- 20 Campers per camp
- Ages 8 and up

**\$295** plus GST

For more information please call  
**(613) 673-PARK (7275)**  
or visit [www.papanack.com](http://www.papanack.com)

Papanack Park Zoo  
Wendover, Ontario

Preservation and Conservation through Education

**CELEBRATING 15 YEARS AS OTTAWA'S LOCAL ZOO!**



**Come on get happy**

Camp is a child's world, created primarily for fun, and shared with leaders who understand the needs of children at their various stages of development. **B.C. CAMPING ASSOCIATION**

summer camps **21**

# Get creative in summer art camp

Inspire your little Picasso at one of the many programs available in Ottawa

**TIM WIECLAWSKI**  
Metro Ottawa



**Summer is a great time for creative kids to spend a week or two immersed in the arts.**

In a city with such a vibrant visual and performing arts scene, it's no surprise that dozens of summer arts camps are available each season.

Starting in July, the Ottawa School of Art offers all day camps for artists between the ages of six to 15 years old at its downtown studios and at the Shenkman Arts Centre in Orleans.

Younger kids will work with a wide range of media from painting, drawing, printmaking, cartooning, sculpture, said OSA Marketing and events coordinator Amy Lynch.

Camps for the teenage artists will focus on a more specific medium.

At the end of the week, students put on an open house to show off their

work to their parents.

"The children are all taught by professional artist instructors," said Lynch. "The instructors are all practicing artists themselves, so they get a genuine experience."

For kids who just want to have fun with arts, crafts and swimming, Camps Canada offers an arts and crafts and swimming camps for boys and girls ages five to 12 years.

The camps are based in the west end of Ottawa.

The city of Ottawa is offering a four-week arts leadership training course to provide youth aged 14 to 17 with the skills to work in an arts environment.

The course runs from June 28 to July 23 at the Routhier Community Centre. The final week has students organizing and preparing a multidisciplinary

arts event featuring projects and performances completed throughout the program.

So, your kids think they can dance? Or do they just want to learn? Ottawa Dance Sport Studio offers a summer camps in July for children between 12 and 16 years old.

Kids will participate in group, couple and non-partnered choreographed routines and take part in outdoor activities.

For kids looking for a little theatre experience, look no further than the Ottawa Little Theatre.

Kids between nine and 17 will strut their stuff at one of Ottawa's best-equipped theatre spaces. The workshops provide professional instruction on specially-chosen topics, and give participants the chance to perform on the historic Ottawa

**Camps include visual, dance and theatrical arts**



Encourage your child's artistic expression this summer.



## Junior Golf Academy

### A Great Summer of Learning

- Golf instruction by certified professionals
- Swing, chipping, driving & putting
- Actual play on last day of the week
- Lots of fun & prizes
- Clubs provided if necessary

### Locations

- Ottawa West: Loch March Golf Club
- Ottawa East: Greyhawk Golf Club

### Half-Day Camps - Summer 2010

- 9AM to 12PM
- Monday through to Friday
- Weeks of June 28th through to August 23rd
- Cost: \$195<sup>1</sup> per child per week



### Full Day Camps - Summer 2010

- 9AM to 4PM (with 1-hour break for lunch<sup>2</sup>)
- Monday through to Friday
- July 5th to 9th at Loch March Golf Club
- July 12th to 16th at Greyhawk Golf Club
- July 26th to 30th at Loch March golf Club
- August 9th to 13th at Greyhawk Golf Club
- Cost: \$425<sup>1</sup> per child per week

Call (613) 729-2228 or go to [www.t-to-green.ca](http://www.t-to-green.ca) for more details.

<sup>1</sup>Applicable sales taxes not included. <sup>2</sup>Meal not provided.



Setting the trend in youth technology education

## Virtual Ventures

Summer Camps and Programs



Virtual Ventures is a not-for profit organization run by students who want to make a difference in the lives of today's youth. Our main focus is running a nationally recognized technology and science summer camp for youth who have completed grades 1-10.



Other programs run through Virtual Ventures include fall and winter clubs and a school outreach program. Virtual Ventures uses the facilities of the Faculty of Engineering at Carleton University to provide youth with experience in all aspects of computers and information technology during week-long summer day camps and weekend workshops.

Our Website: [www.virtualventures.ca](http://www.virtualventures.ca)

Our Phone Number: (613) 520-2600 ext. 1932

A member organization of **actua**  
[www.actua.ca](http://www.actua.ca)  
Learning for Change -  
Découvrir pour demain.

**Carleton**  
UNIVERSITY  
Canada's Capital University

**22** 5-year fixed mortgage rates  
PROVIDED BY RATESUPERMARKET.CA  
Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
5.25%	5.25%	5.49%	5.85%	3.89%	5.25%	5.25%	5.25%	3.64%

**RateSupermarket.ca**  
Canada's rate comparison website



# Metro Homes

## Clean up time of year

This week Metro Homes will be focusing on starting anew, just like the current season, spring. With spring time upon, that means it's time to tidy up all the clutter that's been clanging around the house in the winter months. So grab a broom and enjoy.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

5-year variable mortgage rates  
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.10%	2.25%	2.25%	3.50%	1.85%	2.10%	2.10%	2.10%	1.75%

## Creative storage for spring cleaning

Decor**Moment**

**Karl Lohnes**

metronews.ca/decormoment



I recently visited a friend's condo who showed me a spare bedroom that she had transformed into a large dressing room. In her magical room she could have shoes, hats, belts, jewellery and all of her clothing on display. Most of us can't afford such luxuries as extra rooms, time or the money to create such an extravagance for our wardrobe. There are however a few places around the house that can offer up organized storage to keep our lives a bit more orderly, especially as we all start cleaning up this spring.



Be creative when finding extra storage space in your home.

### Bedroom:

Adding floor-to-ceiling, built-in cabinetry on each side of your bed will replace night tables and offer as much storage as four

dressers. Keep the cabinetry open at bed height for easy access to a lamp, alarm clock and books.

Add a second hanging rod in the closet. It will double

the hanging space for shirts, pants and jackets.

Install an extra shelf above the top rack in the closet; it's a great place to hide away out of season

shoes and accessories.

### Kitchen:

Filling a wall with decorative floating shelves can display attractive baskets, gin-

ger jars and containers for storage.

Got a blank wall? Try adding some additional cabinetry for storage. Glass doors on top will make them look lighter and less bulky.

### Spare bedroom:

Consider a murphy bed; they are great for tucking out of sight when guests are not around and make the room look larger.

If you are not using the closet for clothing, consider turning it into a home office. A few built-in shelves and a simple electrical installation can give you a work station that can be hidden behind doors.

### Attic space in a house or 'bonus den' in condos:

As long as you can add a closet you can have a bed-

room! I love the open closet project (pictured).

A built-in desk with shelving above will add vertical storage and make use of those weird, unusable spaces.

Don't know where to start? I suggest calling a closet organizer to come for a visit to your home. They will access the space you've got and create an organized oasis for you and all your stuff. Californiaclosets.com is a good place to start as they have professionals in every major city.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.



**EXCEEDING EXPECTATIONS IN THE OTTAWA AREA  
FOR OVER 27 YEARS ONE HOMEOWNER AT A TIME!**

VISIT ONE OF OUR SALES CENTRES:



**BRADLEY ESTATES**  
401 KEITH CRESCENT  
SINGLE FAMILY &  
EXECUTIVE TOWNHOMES  
613-830-6955



**SOHOWEST**  
550/552 BARRICK HILL, KANATA  
EXECUTIVE TOWNHOMES  
613-435-5400



**Valecraft**  
Homes Ltd.  
**WWW.VALECRAFT.COM**



# Battling extreme clutter

**From clothes, papers and trash strewn throughout rooms to refrigerators crammed with rotting food, the show Hoarders offers a startling glimpse of individuals whose inability to discard things overruns both their homes and lives.**

The hit A&E reality series, which debuted last fall on TVTropolis in Canada and fits in perfectly with the theme of spring cleaning, shines a spotlight on people living with the obsessive-compulsive disorder, and on the professionals and organizational experts who help steer them towards recovery.

Hellen Buttigieg, a certified professional organizer and life coach, said she has seen similar situations and that it occurs a lot more than people think. One of the biggest insights she's gained from the series is that for hoarders, working with a professional organizer isn't enough.

"You certainly need to see a therapist because it is a serious pathological disorder," said Buttigieg, own-

er of We Organize U in Oakville, Ont. "I know there's professional organizers out there that have just begun their careers and don't really understand, and so I'm glad that this show is bringing an awareness, because for someone to think they can just go in and tidy up, it's way more than that."

While the series showcases an extreme level of hoarding, many individuals undoubtedly face their own unique challenges in trying to keep their homes and workplaces organized and clutter-free.

Buttigieg said there are a number of things that prevent people from letting go of things. Among them: fear, namely that they will need the items someday down the road. Another obstacle is the decision-making process and figuring out what it is you'll need.

"Have a look at the things that are really, really important for you," said Buttigieg, co-author of *Organizing Outside the Box: Conquer Clutter Using Your*

**"Mine for the diamonds ... the things that matter most rather than the things that kind of matter but in the grand scheme of things aren't that important."**

Professional organizer Hellen Buttigieg

Natural Learning Style.

"Mine for the diamonds ... the things that matter most rather than the things that kind of matter but in the grand scheme of things aren't that important."

While everyone is unique, Buttigieg said she commonly hears people saying they feel overwhelmed, don't know where to get started, or that they start or get stuck when it comes to organization and decluttering.

First, Buttigieg said it's important to look at your expectations.

Setting unrealistic goals, such as saying you're going to clean up in one weekend a mess that took 30 years to amass can sabotage your success, she said.

Buttigieg also recommends having an advance plan and marking a date on the calendar rather than just setting to work when the mood strikes. That way, you can have all supplies at the ready, like boxes to place donation items, markers, labels and garbage bags, she said.

"It allows you to kind of get the momentum going and to be prepared so when that day arrives, you can conquer the clutter head on."

Another tip is what she describes as the 15-minute brain trick. Set a timer for 15 minutes a day and work on a specific area, like your junk drawer or a part of your closet. Then tell yourself after time is up you can stop.

"If you've got the momentum going, go further. That's part of what makes this successful," she said.

THE ASSOCIATED PRESS



A photo of a cluttered living room as seen on an episode of the latest season of the A&E series Hoarders.

**6th ANNUAL**  
**urbana**  
**BUILDING HOPE, BUILDING FUTURES**  
 A FUNDRAISING EVENT FOR YOUTH SERVICES BUREAU OF OTTAWA  
 IN OUR COMMUNITY FOR 50 YEARS

**AN EPIC PARTY**

**URBANA PARTIES ALWAYS EXCEED EXPECTATIONS! WE SHOWCASE THE BEST OF OTTAWA-BASED ARTS AND MUSIC, AND RALLY COMMUNITY SPIRIT AROUND THE ORGANIZATIONS WE SUPPORT.**

**Thursday April 1st, 2010 at 6pm**  
**Saint Brigid's Centre for the Arts and Humanities**  
 314 St. Patrick Street (St. Patrick and Cumberland)

**Tickets: \$85**  
[www.dharmadevelopments.com/urbana](http://www.dharmadevelopments.com/urbana)  
**613-482-2800**

HOSTED BY  
**DHARMA DEVELOPMENTS**

COMMUNITY CHAMPION  
**GOWLINGS**

ACE SPONSORS  
**WESTJET** **UNIGLOBE** **HydroOttawa** **ENBRIDGE**

HEART & SOUL DONORS  
**Desjardins** **Welch LLP** **elite** **met** **www.dharmarts.ca**

MEDIA PARTNERS  
**met** **www.dharmarts.ca**

**20% CASH DISCOUNT**  
 On ALL models, options & upgrades

**Viceroy**  
 Pasadena Bungalow  
 2,141 sq.ft.

**ACT NOW**  
**Limited Time Offer**

**Visit our models homes at:**  
 188 Robertson Road • Ottawa, ON  
 613-820-3400 • 1-888-423-7696

\* Some conditions apply, see your sales rep. for more information.



## Cleaning house, Vileda-style

**SPRING CLEANING** Vileda is celebrating a slew of anniversaries for its products just in time for spring-cleaning. When you buy one of the following items, you get a chance at winning quite an interesting vacation package, read on for details.

The **Vileda Super Twist Mop** turns 30 this year. It was Canada's first non-woven sting mop and is currently the No. 1 selling mop in Canada. This year, the **Oskar Broom** celebrates its

25th anniversary. The angled broom's bristles are made of recycled plastic bottles making it a popular choice for the environmentally conscious spring cleaner. Vileda's **Fibro Contact Mop** is now 15 years old. Its trapezoidal shape and cotton-microfibre blend make it great for cleaning and it's machine washable as well.

For more info, on Vileda products and the Anniversary Celebration, visit [Vileda.ca](http://Vileda.ca). **METRO NEWS SERVICES**

### PROFESSIONAL PAINTERS

#### CUSTOM COLOUR CONSULTING

50 years experience  
Fully insured and bonded  
References provided  
Bilingual Service

Virtually  
Odor Free  
Paint

FREE ESTIMATES  
**613.277.4340**



While roofs and window are out for renos this year, outdoor rooms and backyard kitchens are in, says TV host Mag Ruffman.

# This year, it's time for small-scale renos

JON TATTRE  
for Metro Canada

Last year saw home renovations go big to take advantage of the government tax rebate, but this year, people want small-scale projects that will beautify their home, says DIY guru Mag Ruffman.

Ruffman, host of the TV show *Anything I Can Do* and before that *A Repair to Remember*, says she, like many people, spent money repairing her roof and windows in 2009.

"This year, people want to do something a little more frivolous or cosmetically appealing that will make them feel better about their homes. Because honestly, new windows and a roof? There's no romance," says Ruffman, who wrote Steve Smith/Red Green's biography *We're All In This Together*. "People want a project to work on over the weekend that won't cost and arm and a leg."

That could mean building or refinishing the back deck, building outdoor rooms such as a summer kitchen or landscaping. Ruffman says many people are planning another staycation to conserve money, so they want to spend on projects that enhance their home.

Ruffman's blog, [Tool-girl.com](http://Tool-girl.com), is full of recent projects like an iPod dock made out of lumber harvested from trees killed by



Most people splurged last year on expensive renos, such as their roof, but that won't be the case this year.

**"People want a project to work on over the weekend that won't cost an arm and a leg"** TV host Mag Ruffman

beetles and forest fires and lampshades fashioned from plastic bags.

She points people to [Instructables.com](http://Instructables.com) and [Etsy.com](http://Etsy.com), where people share tips on building laser-controlled robots and sell crafts. "You can get really good ideas," she says. "People are looking for pretty or fun."

As for the Tool Girl herself, her current favourite home renovation tool is Sugru, an Irish invention that invites people to "hack

things better."

The silicon rubber can be molded into any shape and is heat-resistant and waterproof. Fans use it to prolong the life of household items or to improve them.

"I just can't get enough of it!" Ruffman laughs. She's also nicknamed herself the iron maiden, as she's into micro-forging this year.

"This is the hottest thing. It's like a hot-glue gun, but it squirts molten metal," she says. "It's so fun. You just use a propane torch,

heat up thin wire and whale on it with a hammer."

Ruffman says the DIY movement is finding balance this year. Once upon a time, homeowners hired professionals for every household job.

After the DIY craze, everyone did everything themselves. Now, homeowners call in the pros for major jobs like the roof and take on the enjoyable, smaller projects themselves.

"People realize that after a whole day working, they have nothing tangible to show for it. They really want to garden, they really want to build something, because then they can point it out to their friends and say, 'I made that,'" she says. "People are valuing this work that people do with their hands."

## Weekend Masons

### Our Mission is to restore yesterday's works, to today's standards

Weekend Masons is a group of independent, highly skilled bricklayers and stonemasons that work for themselves on weekends. We have regular 40 hours/week jobs, building on our city's major projects: hospitals, schools, water treatment plants, hotels and residential homes. On weekends we offer our skills to the greater public.

#### Here are some of our skills:

- Laying out and constructing of footings and foundations
- Building and repair of chimneys and fireplaces
- Outdoor structures, garden walls, retaining walls, barbecues
- Repairing of cracks, removing efflorescence's and stains
- Repointing and repair of masonry works
- Stone masonry
- Renovation work
- Block work
- Arches, walkways, brick steps
- Brick veneer
- Waterproofing, damp proofing
- And much more...

We are clean, reliable and take pride in performing quality works. We are all Certified Bricklayers. We provide free consultation and estimates.

For information contact: Mitch Bougard  
**(613) 799-7940**

[www.WeekendMasons.com](http://www.WeekendMasons.com)

[Mitch@WeekendMasons.com](mailto:Mitch@WeekendMasons.com)

Quality and timelessness are found in structures built with brick and stone. But after years in this harsh Canadian climate, masonry needs a little refurbishing due to weathering.



**6:26 p.m.:** your wife tells you  
she's pregnant.

**6:27 p.m.:** your apartment begins  
to look a little small.



**6:28 p.m.**  
Time for  
**mortgage**  
advice.

**With longer branch hours and Mobile Mortgage Specialists that come to you, getting mortgage advice is convenient.**

At TD Canada Trust we would like to add to the excitement of buying your first home, not the stress. So when it's time to discuss your mortgage options, you can meet with one of our in-branch representatives 8 'til late six days straight. Or one of our Mobile Mortgage Specialists can come to you, days, evenings, weekends, even outside of branch hours. Just tell us the "where" and "when" that works for you, and we'll help you understand the "how". It's just another way we're making banking more comfortable.

Visit any branch or call a Mobile Mortgage Specialist  
at 1-888-660-5965. [www.tdcanadatrust.com/myhome](http://www.tdcanadatrust.com/myhome)



**Canada Trust**

Banking can be this comfortable

# Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Celebrity arm candy

Designer's whimsical leather bags are a Hollywood hit

JANINE FALCON  
for Metro Canada

"It always, I think, starts for me with a pretty idea, and then we work backwards, how do we make this practical," confesses handbag designer Rebecca Minkoff in an interview with Metro.

**"Almost every store is asking for an exclusive, even Saks, as a way of getting people in the door"**

Handbag designer Rebecca Minkoff

"Sometimes honestly, I'll admit, I'm not the most practical."

We're talking about her first bag, the Morning After, her signature, designed at the request of friend Jenna Elfman, and the one that launched Minkoff as a handbag designer

Rebecca Minkoff  
Leopard Lovenote  
Clutch, \$475

of celebrity note. Still the best-seller, and one of an assortment now available at Holt Renfrew, it's actually her most practical, with several tidy pockets, room for sleepover essentials, and a style esthetically appropriate for office and out-of-office hours.

As an example of her design whimsy when she'd first created the Morning After, she points out the shiny D-rings she'd added

only as details to the sides just because she liked the shape. "I had stores calling saying 'you shipped it without the shoulder strap,'" she recalls. There was no strap because Minkoff doesn't like the look of one with the bag, but she had to concede. "It became 'if you want this bag to sell, it needs to have a shoulder strap.'"

Minkoff's work adorns the arms of the pretty-and-famous such as Rachel McAdams, Hilary Duff and Sarah Jessica Parker and many, many more. She's had no formal training in bag design; it all began with sewing when she was eight. At 13 she made her bat mitzvah dress, and prom and graduation dresses followed.

Her label debuted with clothing in 2001 and has expanded to include her oft-photographed bag collection as well as bracelets and wallets, and an intense schedule of merchandise deliveries that includes several retailer exclusives.

"Almost every store is asking for an exclusive, even Saks, as a way of getting people in the door," she explains. "If you're carried in all these places, the only way to do it is to cater to each store. So now I have exclusives with every store."

Her material of choice is Italian leather for its "magic," but an eye-catching blue — another signature — Ethiopian tie-dyed-by-hand

## Growing fond of nature

The spring One of a Kind Show and Sale pays tribute to nature this year with a showcase that includes sustainable fashions, food, beauty and home decor. Eco-friendly designers from across Canada will feature a diverse lineup of fashions, accessories and beauty products. This will include cardboard necklaces (pictured left) by Pasapapier. The show takes place March 31 to April 4 in Toronto. Tickets are \$12 (\$10 online at [oneofakindshow.com](http://oneofakindshow.com)). METRO NEWS SERVICE



Rebecca Minkoff  
Morning After Bag,  
\$715



Designer Rebecca Minkoff, left, with friend and actress Jenna Elfman, who was the inspiration behind Minkoff's popular Morning After Bag.



Linear Stud Rocker  
in ivory and black,  
\$350 each



Linear Stud  
Flame, \$595

Buy Rebecca Minkoff bags at Holt Renfrew



Mini Rikki in  
turquoise, \$585

leather has found its way into her summer 2010 collection. So has microfibre, in response to customer requests for something at a lower price point. "I was able to create the look of a faux python that looks real, but it's fabric, and brought the price down almost \$150 to \$200 at retail. I think my customers really appreciated that," she says.

Inspiration comes from a variety of sources: Vintage bags, flea markets, and old photos. Several in her current collection sprang from the details in motorcycle jackets, such as metal pyramid studs and bold zippers.

"That led me to motorcycles and the bags that people have on motorcycles, that are attached to them," she says. "There's a whole group that's coming up later that came from that."

Alexander Wang and Balenciaga are the two designers she names when asked which by-others bags she admires. "I don't wear any of them," she admits. "But I'm always like 'MAN, they did it AGAIN!'"

Lindt

MAÎTRE CHOCOLATIER SUISSE  
DEPUIS 1845

## Where the Easter Bunny shops for chocolate

Visit the **Lindt Outlet Boutique** for a wide selection of irresistible Lindt Chocolates & gifts at delectable deals.

**Lindt Outlet Boutique Ottawa**  
1763 St. Laurent Boulevard  
Ottawa, Ontario  
(Just south of Industrial Ave.  
in the Koyman Galleries Plaza)  
613.260.5898

**Extended hours for Easter!**  
March 28<sup>th</sup>: 10:00am - 6:00pm  
March 29<sup>th</sup> - April 1<sup>st</sup>: 9:30am - 9:00pm  
April 2<sup>nd</sup>: Closed  
April 3<sup>rd</sup>: 9:00am - 7:00pm  
April 4<sup>th</sup>: Closed



For more information, please visit [www.lindt.com](http://www.lindt.com)



# FOCUS ON FASHION

on location  
with B. Alex Markle

## Mannequin Modeling Show at St. Laurent Shopping Mall Saturday, March 13th

On location with B. Alex Markle... "I had the occasion to spend some time at STARS Men's Wear at St. Laurent Shopping Mall in Ottawa recently and was really impressed with the Mannequin Modeling Show put on by RDI Model & Talent. All the guys did a fantastic job! The selection throughout the store and the entire show itself, in my opinion, was fabulous. As a fashion expert, I was not disappointed. If you are looking for style & individuality, I would recommend a visit to STARS first."



PAUL



PAUL, NICK



G.

All Models provided by  
RDI Model & Talent, Ottawa division

MATT



D.J.



NICO, TONY



Photographed by HUNG-LV Photography – 613.297.8305

All floral arrangements for RDI Model & Talent headquarters provided and arranged  
by Rideau Florist Ottawa - 1.866.856.8854 or 613.288.9315

RDI Model & Talent is owned and operated by C.E.O. T. Goble. B. Alex Markle is a 19 year fashion veteran,  
owning and operating over 6 modeling agencies in National and International Markets.

RDI Model & Talent is still looking for male models for events  
over the next several weeks. Contact them at **613.745.5100**



Summit Entertainment's strategy to release its much-anticipated New Moon DVD on a Friday night — just as the studio did for the release of Twilight's DVD — is paying off handsomely. The studio reports that the DVD of The Twilight Saga: New Moon sold four million units over the weekend. **EW.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

◆◆◆◆ A CLASSIC; ◆◆◆ EXCELLENT; ◆◆◆ GOOD; ◆◆ FAIR; ◆ POOR

## Breakthrough for the Biebs

### Justin Bieber

Album: My World 2.0

Label: Universal

Rating: ◆◆◆◆

IF YOU HAVEN'T felt it already, get ready for a total Justin Bieber onslaught. The Stratford, Ont., native's new disc is the perfect mainstream radio listen — a mix of R&B and pop, with lyrics about teenage love. It's not bad, in that it does what it's supposed to — rope in teenage girls with infectious, but not at all challenging, sounds. The worst parts about this aren't Bieber; it's Ludacris sounding old with a terrible rap on Baby and Sean

Kingston's awkward reggae-tinged additions to Ee-nie Meenie. Bieber's at his best when he sticks to what he knows — singing straight-up teeny pop.

Bryan Borzykowski/for Metro Canada

### Goldfrapp

Album: Head First

Label: Mute

Rating: ◆◆◆◆

### AFTER GOING

FOLK for 2008's pastoral Seventh Tree, Alison Goldfrapp and Will Gregory have relocated their synths and gone back to their electronic pop roots. But Head First isn't just a return — the duo sounds hungry for the commercial



Justin Bieber received help from Ludacris and Sean Kingston on My World 2.0, but is at his best when he sticks to straight-up teeny pop.

success that abandoned them on their last album. The songs smack of Kylie Minogue were she produced by ELO's Jeff Lynne, leaving Goldfrapp with

one platform heel in the '70s and one jelly in the '80s. The simplicity of the songs though disappoints and ultimately undermines their reputation as shrewd songwriters, leaving Head First as a vain attempt to reclaim their place atop the charts.

Cam Lindsay/for Metro Canada

### Barenaked Ladies

Album: All in Good Time

Label: Records/EMI

Rating: ◆◆◆◆

### ANYBODY

WHO ACTUALLY thought the Barenaked Ladies would be as good a band without Steven Page was simply dreaming. Page was half

### AlbumReviews

music@metronews.ca

the sound, half the spirit, half of everything Barenaked. This is not to say the current four-piece is only half the band that we grew to know and love. The one thing nice about Page's departure is that it has pushed the songwriting talents of Jimmy Creegan (I Saw It) and Kevin Hearn (Another Heartbreak) more to the front. Still they are no match for Page's soaring vocals. In reality, this is now Ed Robertson's band. His opening single You Run Away, written directly at his old friend Page, is the album's strongest track. It's a great track, showing an unfamiliar dark side of Robertson. Unfortunately, nothing else on the CD has the same impact.

Graham Rockingham/for Metro Canada

### Rufus Wainwright

Album: All Days Are Nights:

Songs for Lulu

Label: Universal

Rating: ◆◆◆◆

### RUFUS WAINWRIGHT

RIGHT HAS always mined his personal life for material, so it's natural that he'd deal with his famous mother's cancer and recent death on his latest record. He doesn't cloud his terrible ordeal in his familiar over-the-top pop — instead he delivers 12 gut-wrenching tunes with only a piano and his voice. The final track, Zebulon, is the most explicit song about the turmoil in his life, "my mom's in the hospital, my sister's at the opera, I'm in love, but let's not talk about it," he sings. The record is uncomfortable, haunting, magical and brilliant.

Bryan Borzykowski/for Metro Canada

### critics'corner

#### MasterWorks

"Estella Solomons" profiles the Irish artist whose work included portraits, landscapes and etchings. She's also remembered for her work away from the canvas fighting for Irish independence as a member of Cumann na mBan, a women's paramilitary organization. She brought her politics into the studio by offering it as a safe house for republican volunteers during the 1916 Easter Rising. 10 PM on 2 TVO



#### The Nature of Things

Listen to the ocean. No, not the sound of waves breaking on the beach, lovely though that is. The latest installment in the "One Ocean" series, "The Changing Sea" explains that the ocean is sending us signals about its health. Warmer temperatures, a decrease in oxygen and an increase in acidity are compromising its chemistry and its ecosystems — which could have repercussions for us if we don't start paying attention. 8 PM on 8 CBC

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/25/10	265	353	2	TVO	Super Structures (N)	The Agenda With Steve Paikin	Party Animals	MasterWorks "Estella"	Agenda-Paikin			
	211	331	3	GTV	Entertainment	ET Canada	Bones (HDTV)	The Office (N)	Tucson	90210 (HDTV) (N)		News Hour
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	Le Show caché (SC)	Le Téléjournal Nouvelles (SC)	TJ Ontario		
	209	342	6	CHRO	TMZ (N)	Access H.	FlashForward (HDTV) (N)	Fringe "Jacksonville"	(10:01) Private Practice (N)	Comedy Now		
	196	311	7	CTV	The Vampire Diaries (N)	CSI: Crime Scene Investigat'n	CSI: Crime Scene Investigat'n	Grey's Anatomy (N)	(10:01) Flashpoint	CTV News		
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)	Love, Hate and Propaganda	CBC News: The National	The Hour		
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Community (N)	(10:01) Flashpoint	The Marriage Ref (N)	News		
	117	713	10	TVA	La Série Montréal-Québec	Dieu merci (HDTV) (SC)	Community (N)	Juste pour rire (SC)	TVA nouvelles (10:45) Denis Lévesque			
	-	-	11	QS	Big Brother QC	Rire et délire	Déris sur la terre (2008, Suspense)	Charles Shaughnessy	L'Attaque à 5 (N)	Big Brother QC		
	137	763	12	TFO	Panorama		Ohaap Nan: Volt	(9:01) Bord de mer *** (2002, Drama)	Villages	Envers des		
	-	362	13	CBS	College Basketball NCAA Tournament, Regional Semifinal: Teams TBA.		FlashForward (HDTV) (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	214	344	15	CITY	Law & Order: Special Victims	Community (N)	Omni News: Italian Edition (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	218	345	18	CHCH	Almost Heroes ** (1998, Comedy)	Chris Farley	Omni News: Italian Edition (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	-	361	20	ABC	Action News	Entertainment	FlashForward (HDTV) (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	512	396	24	CPAC	La Période de questions	Heure polit.	FlashForward (HDTV) (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	557	345	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	FlashForward (HDTV) (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	-	-	64	PBS	Business Rpt.	Snowtrails TV	Manor Born	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	205	312	104	CTV	The Vampire Diaries (N)	CSI: Crime Scene Investigat'n	Connect with Mark Kelley (N)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	500	500	33	CNN	John King, USA (N)	Campbell Brown (N)	Air Race Preview	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	406	417	27	net	UFC Primetime	MMA Conn	Grands reportages (SC)	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	126	730	28	RDI	24 Heures en 60 minutes		World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	400	280	30	TSN	That's Hockey! 30 for 30 (HDTV)		World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	410	403	52	SCR	College Basketball NCAA Tournament, Regional Semifinal: Teams TBA.		World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	411	457	56	OLN	Ghost Hunters	Destination Truth	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	554	544	48	TEL	NASCAR	NASCAR Hub	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	557	540	51	FAM	Stoked (N)	Total Drama	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	551	542	65	YTV	Sony Chance	Suite Life	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	570	580	29	MTV	ICarly	True Jackson	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	515	520	31	A&E	The Daily Fix	The Daily Fix	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	628	584	32	SPKE	The First 48 (HDTV)	CSI: Crime Scene Investigat'n	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	151	560	34	TVL	CSI: Crime Scene Investigat'n	CSI: Crime Scene Investigat'n	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	526	567	35	TVL	LA Ink "Gone Too Far"	Police Women of Maricopa	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	616	521	39	BVO	Horizons (SC)	Envoys special	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	628	523	40	SHO	Relic Hunter	Joe Blues (2008, Mystery) Chad Allen	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	520	523	40	BVO	Storytellers	Innovators	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	520	505	42	DIS	Daily Planet (N)	Man vs. Wild	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	575	583	43	SLC	Amer. Funniest Home Videos	Reba	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	601	562	45	CMT	Rich Poor	X-Weighted	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	625	546	46	COM	Air Force	22 Minutes	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	294	529	47	TBS	Family Guy	Family Guy	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	600	564	49	H&G	House Hunters	Property Virgin	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	627	528	48	SBC	Stargate Atlantis	Star Trek: Voyager	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	581	566	53	MTV	Peak Season	Cribs	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	618	524	54	TROP	Reality	Whatever	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	522	506	55	HIS	Pawn Stars	Pawn Stars	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	129	773	60	CD	Biographies	Science du combat	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	261	394	61	V	Murder, She Wrote	On the Buses	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	602	567	62	W	Supernanny	Love It or List It	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	269	590	70	TPN	Wapros Bay	By the Rapids	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	621	527	71	ALINK	Look-A-Like	TMZ	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		
	603	561	95	FN	Ricardo	Chuck-Day Off	World Series of Poker	Omni News: Cantonese Edition	Two/Half Men	King/Queens		

**Music Twitter**

Get the latest Metro Music news, features and reviews by following us on Twitter @TheMetroMusic



**Easter menu workshop offered**

Attend an Easter menu workshop demonstrating crecchia, lamb, zucchini and more this Sunday at DiVino Wine Studio from 3 p.m. to 6:30 p.m. The tickets are \$95 per person but do not include taxes or gratuities [divinowinestudio.com](http://divinowinestudio.com). **METRO NEWS SERVICES**

**Urban Foodie**

★★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

# Out to lunch Indian style

**SHARI GOODMAN**  
OttawaUrbanFoodie@gmail.com

**Shafali**  
308 Dalhousie St.  
(613) 789-9188  
Rating: ★★★★★  
Lunch for one: \$10

**Sitar**  
417 Rideau St.  
(613) 789-7979  
Rating: ★★★★★  
Lunch for one: \$10.60

**Haveli**  
39 Clarence St.  
(613) 241-1700  
Rating: ★★★★★  
Lunch for one: \$11.50  
Rating: 3/5  
Lunch for 1: \$11.50

Over the course of several weeks, I sampled three different Indian lunch offerings.

At Shafali, you can choose from different lunch specials. I enjoyed the mid-range option (\$10) and sipped my chai tea while waiting for my meal. Along with the delicious tea came honey and a couple of sugar options to sweeten the sip. In an elegant, but slightly



Haveli (\$11.50).

scratched tray, my lunch of fresh Naan, Chickpea Curry, Cauliflower and Potato Curry, Butter Chicken and a Raita dipping sauce was tasty and filling.

At Sitar, you can fill your

plate at the lunch buffet (\$10.60). Its Chicken Tikka Masala was bewitching along with the gingery spice in its steamed carrots. However, its Naan was slightly crisp and burnt and its Gulab Jamun dessert was dry and needed more sugar syrup.

Like Sitar, Haveli offers a lunch buffet (\$11.50). Its Naan was fresh and the Tandoori Chicken was infused with taste, but the Onion Bhaji was somewhat greasy and unpleasant. However, the Rice Pudding was worth a second visit to the buffet table.

My recommendations: start at Shafali for the Chai tea and fresh Naan, hike to Sitar for the carrots with ginger and Chicken Tikka Masala, and end up at Haveli for the Rice Pudding. Enjoy exotic flavours, a hike, and best of all a long lunch hour away from work.



Sitar (\$10.60).

## Dining out

**STRATHMERE LODGE** Enjoy Tapas Dining (small sharing plates) this Saturday in the Lodge at Strathmere, 25 minutes South of Ottawa near North Gower. Sing-a-long and Goove to the Sounds of Quality Entertainment's Dan Dunlop and Al Tambay Duo. Call for reservations. 1-800-495-6649, or visit [strathmere.com](http://strathmere.com)

**STONEFACE DOLLY'S** A popular breakfast and brunch spot with special quiches,

## On the web

• Get recipes and more great food content at [metronews.ca/recipes](http://metronews.ca/recipes).

omelettes and benny's (eggs benedict). Try to visit on off-peak hours since it's small and busy. At dinner, you can expect homestyle gourmet food with an international, South African twist. 416 Preston Street, (613) 564-2222

SHARI GOODMAN/  
FOR METRO OTTAWA

## Global Peasant blog online

• Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.  
• Check out [metronews.ca/globalpeasant](http://metronews.ca/globalpeasant) for a recipe of Salted Chocolate Mint Sablee Cookies



Canadian | Global | Cuisine

# le café

Join us for  
**Easter Brunch**  
10:00am-1:30pm  
\$29.95 per person | \$19.95 for children 7-12

Captivate your palate with Chef Blackie's extensive menu  
Reservations: 613.594.5127 [www.lecafe.ca](http://www.lecafe.ca)

Complimentary Parking is offered for lunch and Sunday Brunch. Please have the hostess validate your parking voucher

40 years NATIONAL ARTS CENTRE CENTRE NATIONAL DES ARTS

# FREE\* COFFEE

with the purchase of any Loaf Slice



Available for a limited time

[www.Timothys.com](http://www.Timothys.com)



\*At participating cafés only. While quantities last. Only valid on a small (12oz) coffee. Not valid in combination with any other offer. No cash value. No coupon necessary.





Matt Damon thrilled restaurant staff by leaving a \$400 tip. The actor splashed out on a specially-prepared dinner for himself, wife Luciana and a group of friends at New York nightclub Stanton Social on Saturday, femalefirst.co.uk reports **METRO NEWS SERVICES**

He's donating money to the starving actor fund

## Celebrity Buzz

Follow these celebrities on Twitter...

### CelebTweets

**KESHA** doesn't want a feud with Justin, **MICHAEL IAN BLACK** is sprucing up his speech, and **CONAN O'BRIEN** goes after an older woman.

@keshasuxx dear justin b i am so sorry if my bad joke has hurt your feelings. u r obviously so talented and i would never mean to offend u. i think u r rad

@michaelianblack Need to start incorporating, "Oh, Hell no" more into my daily speech.

@ConanOBrien I'm worried health care has pushed my Tour out of the headlines. I'm also worried my anti-delusion pills are wearing off. Need more pills.

**METRO NEWS SERVICES**



## Ex-wife: James a 'serial cheater'

**JUST WHEN YOU THOUGHT HE COULDN'T GET ANY SKETCHIER** TMZ is reporting a former high level, female executive with West Coast Choppers settled a sexual harassment lawsuit against Jesse James and West Coast Choppers for more than \$700,000 US in 2007, while he was married to Sandra Bullock, according to documents.

Also, James has been branded a "chronic cheater" by his ex-wife, femalefirst.co.uk reports. Janine Lindemulder — who separated from the motorcycle enthusiast after one year of marriage in May 2003



— insists she wasn't surprised to learn the Monster Garage presenter had bedded tattoo model Michelle "Bombshell" McGee while current spouse Bullock was away shooting The Blind Side. Lindemulder — who has five-

year-old daughter Sunny with James — said: "He's a chronic cheater. I feel sorry for Sandra because she was so in love with Jesse that she was blind and gullible. "She once said, 'I finally have a man who has my back.' And all I could think was, 'No. You have this man who does it behind your back.'"

**METRO NEWS SERVICES**

## Rihanna gets a special drum class

**TURN THE BEAT AROUND** Looks like Rihanna is expanding her music knowledge — with a little help from Blink 182's Travis Barker, popeater.com reports.

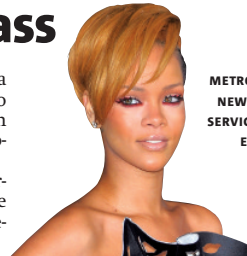
"Teaching Rihanna some things on drums. She

JAMS!!!! Watch out for her!!" Barker posted on Twitter Tuesday, along with a photo of the pair at a rehearsal space in L.A.

Although Rihanna is seen jamming behind a drum kit in the video for her latest single, Rude Boy,

rumour has it she wants a pro to teach her how to play so she can perform live on her upcoming European tour.

No word on which percussive instrument the lovely singer is set to debut.



**METRO NEWS SERVICES**

## Splitsville for Kardashian, Bush?

**SHE SAID HE'D NEVER LOVE HER LIKE US WEEKLY DOES** The blogs are abuzz this week that on-again couple Kim Kardashian and Reggie Bush are on the rocks, us-magazine.com reports.

The truth? The two "aren't sure where their relationship will go," a source close to the couple tells the website. Bush, a 24-year-old running back for the New Orleans Saints, and Kardashian, 29, have been dating since 2007.

**METRO NEWS SERVICES**



## Lindsay has no designs on Ed Hardy partnership

**THEY'RE TRYING TO CLASS UP THEIR IMAGE. CLEARLY** After being dropped as artistic director for Emanuel Ungaro earlier this month, Lindsay Lohan has reportedly found a new de-

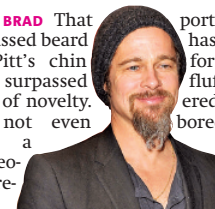
signer to work with. Sources say the actress is in talks with the folks at Ed Hardy to design a line of handbags, according to E! News. Lohan has denied the report.

**METRO NEWS SERVICES**



## The truth behind Pitt's beard

**BILLY GOAT BRAD** That much-discussed beard on Brad Pitt's chin has now surpassed the excuse of novelty. And it's not even there for a season, people.com re-



ports. Now the actor has given his reason for the straggly facial fluff: He can't be bothered to change it. "It's boredom. No other reason than that," he said.

**METRO NEWS SERVICES**

## Elin to be a no-show at Masters

**JESSE JAMES: THIS IS YOUR FUTURE** When Tiger Woods makes his much-anticipated return to golf at the Masters, his wife, Elin Nordegren, will be thousands of miles away,



as she's reportedly planning on taking their kids back to Sweden, according to People magazine.

**METRO WORLD NEWS**



**METRO OTTAWA would like to celebrate our 5<sup>TH</sup> ANNIVERSARY by giving you a chance to WIN a...**



**CalderaSpas®**  
Pure Comfort



**...HOT TUB FROM CLUB PRO SPAS!**  
OTTAWA'S LARGEST SELECTION OF HOT TUBS • CLUBPROSPAS.COM

The Caldera Spas C30 hot tub has room for 6 adults to enjoy the 30 massaging jets, cascading waterfall and soothing L.E.D. underwater lighting.

Visit **clubmetro.com** and enter for your chance to WIN!

Colour is not exactly as shown. To register & for full contest details visit clubmetro.com

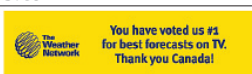
**JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic**  
**JOHN D. Quoc DTCM, C.A.C., D.A.C., B.S.C., B.P.H., D.N., D.O.**  
 • Over 30 years clinical experience & research • Disposable Needles •  
 Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage Therapist  
 Former Professor at Saigon Medicine/Pharmacy University, Vietnam

**FREE CONSULTATION**

**RECOMMENDED FOR:**  
 Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

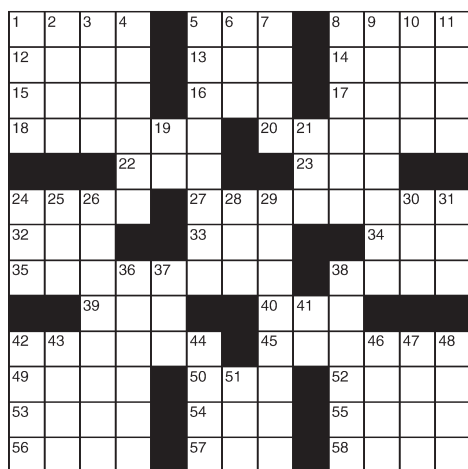
Vanier Medical Centre 292 Montreal Rd., Vanier  
**613 263 0063 • 613 276-7750**





For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

1 Ladder component  
5 Author Weldon  
8 Nowhere near  
12 Between ports  
13 Cry of revelation  
14 Relocate  
15 Lima's land  
16 Shaft of light  
17 Raised  
18 Soothing lozenge  
20 Lustful leers  
22 Coop denizen  
23 Conger, e.g.  
24 News  
27 Collection plate  
32 As well  
33 Tic-tac-toe win  
34 Actress Farrow  
35 Sieve  
38 Pauley Perrette's "NCIS" role  
39 "Nightmare on — Street"  
40 List-ending abbr.

42 Agree to  
45 Wes Craven's genre  
49 Applaud  
50 Chicken-king link  
52 11-Down's state  
53 Netting  
54 Corral  
55 Transmitted  
56 Small almanac  
57 Blue  
58 Benefit

### DOWN

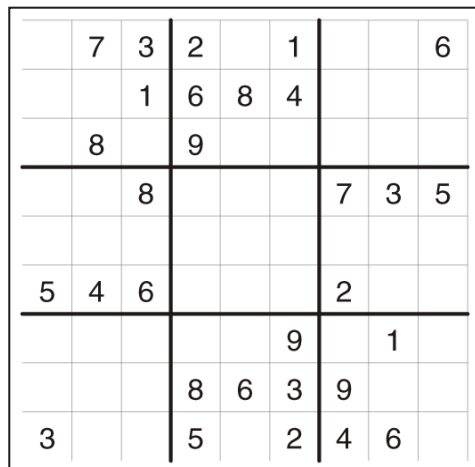
1 Engrossed  
2 Tech support caller  
3 Infamous fiddler  
4 Cowboy of the pampas  
5 Morning  
6 Cry of discovery  
7 Toy on a string  
8 Spy novel author Eric  
9 Wing, for example  
10 State with cer-

tainty  
11 Great American Ball Park team  
19 That guy  
21 "Golly!"  
24 With 25-Down, "— Unusual"  
25 See 24-Down  
26 Prediction  
28 Enemy  
29 Tennis stroke  
30 Pen point  
31 Festive  
36 Hebrew letters  
37 Mischievous tyke  
38 Not this way  
41 Infinitive introducer  
42 Pinnacle  
43 Staff leader?  
44 Spigots  
46 Comical Caroline  
47 Pig's comment  
48 Memory method  
51 Meadow

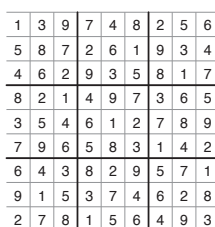
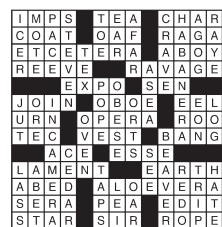
### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



### On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



### Metro Recipe of the Day



PHOTO BY SARAH ROGERS

### Nutty Maple Spinach Salad

Submitted by  
Thelma Ball, Dundas, Ont.

#### INGREDIENTS:

Dressing:  
1/4 cup low-fat mayonnaise  
1/4 cup maple syrup  
3 tbsp white wine vinegar  
2 tsp sugar  
1/3 cup vegetable oil

#### Glazed Nuts:

2 tsp sugar  
3 tbsp maple syrup  
6 tbsp water  
3/4 cup whole walnuts or pecans

#### Salad

1/4 cup soft goat cheese  
1 small bag of baby spinach  
1 small red onion  
12 thin slices of pickled beet

#### METHOD:

1. Whisk together mayonnaise, 1/4 cup maple syrup, white wine vinegar, sugar

and vegetable oil in a small bowl for 2 minutes. Refrigerate.

2. Mix the sugar, 3 tablespoons maple syrup and water in a small pan. Stirring constantly, bring to a slow boil over low heat. Reduce heat and add nuts. Stir to coat. Remove with a slotted spoon and set aside to cool.  
3. Wash spinach and dry well. Divide between 4 to 5 salad plates. Top with 3 slices of beet and thin slices of red onion. Crumble soft goat cheese on each salad and top with a generous amount of glazed nuts. Drizzle with dressing.

**SERVES 4 TO 5**

**PREP TIME: 10 MINUTES**



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at [20minutesupperclub.com](http://20minutesupperclub.com)

### Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

#### ARIES

**MARCH 21-APRIL 20**  
You will have plenty to say for yourself today and others would be wise to take note. However, don't repeat yourself on and off for the rest of the day.



#### TAURUS

**APRIL 21-MAY 21**  
Stand back from what you are doing and try to see it from a wider perspective. You are about to embark on an exceptionally busy phase.



#### LIBRA

**SEPT 23-OCT 23**  
Good times are coming — you just know it — but you would be wise not to take too much for granted.



#### SCORPIO

**OCT 24-NOV 22**  
You seem strangely subdued at the moment and, if you can, you will quite happily spend some time on your own.



#### GEMINI

**MAY 22-JUNE 21**  
You may be eager to get started on something you have been planning for months, but a few more days won't make much difference.



#### SAGITTARIUS

**NOV 23-DEC 21**  
Are you trying too hard? Are you forcing yourself to do things that do not come naturally? Maybe that's the reason for your negative outlook.



#### CANCER

**JUNE 22-JULY 22**  
The more you try to resolve a family crisis of some kind the more the solution evades you — a most frustrating state of affairs.



#### CAPRICORN

**DEC 22-JAN 20**  
The planets warn if you play safe and take no risks at all you could miss out on an opportunity to move up in the world.



#### LEO

**JULY 23-AUG 23**  
Travel and social plans may have to be postponed today but you won't be too disappointed.



#### AQUARIUS

**JAN 21-FEB 18**  
If your current way of doing things is getting results then don't change it even a fraction.



#### VIRGO

**AUG 24-SEPT 22**  
Don't give away information about your financial situation, certainly not to strangers and not even to friends.



#### PISCES

**FEB 19-MARCH 20**  
Certain duties or commitments have to be dealt with and there is no way you will be able to wriggle out of them.



**FLIGHT CENTRE** *Unbeatable*

**Varadero**  
7 Nights 4-Star All-inclusive  
**\$525**  
Mecure Playa de Oro + taxes & fees \$205  
Departs Apr 16/swg/wg.

**1 866 720 4853 | flightcentre.ca**

Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. t=transat, w=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations: ONT. REG #4671384

make every night a **Tuesday** night.

The ultimate foreplay game for couples.

Wireless remote egg with 10 functions & water resistant.

**Tuesday's**  
THE ROMANCE STORE

1239 Wellington Street  
613-761-6060  
[tuesdaystheromancestore.com](http://tuesdaystheromancestore.com)

**This day in history**

1306: Robert the Bruce becomes King of Scotland.  
1807: The Slave Trade Act becomes law, abolishing the slave trade in the British Empire.  
1918: The Belarusian People's Republic is established.  
1957: United States Customs seizes copies of Allen Ginsberg's poem Howl as obscene.  
1958: Canada's Avro Arrow makes its first flight.  
1979: The first fully functional space shuttle orbiter, Columbia, is delivered to the John F. Kennedy Space Center to be prepared for its first launch.

**METRO NEWS SERVICES**

# Introducing 16 apps that need no introduction.

## Nike Master Control

**Free** • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

## Maclean's

**Free** • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

## CBC Hockey

**Free** • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

## Avis

**Free** • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

## Disney

**Free** • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

## Air Canada

**Free** • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

## NFB Films

**Free** • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

## LEGO

**Free** • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

## The North Face

**Free** • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

## L'Oréal Paris

**Free** • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

## eBay

**Free** • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

## CBC Radio

**Free** • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

## Scotiabank

**Free** • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

## Facebook

**Free** • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

## BMW

**Free** • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

## ESPN

**Free** • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.



It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face. There are over 140,000 apps for just about anything, only on the iPhone.

**Bell**

**Apple iPhone 3G** 